EXPERIENCE JAPAN IN NEW YORK CITY — WHAT'S NEW?

CHOPSTICKS NEW YORK

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FREE

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INDEX

Cover Feature **People**

Hans C. Basse

The General Manager of the first and only Japanese owned hotel in New York City on Park Avenue, never disappoints New Yorkers and visitors.

THE MOST CONVENIENT, COMPREHENSIVE RESOURCE FOR ALL THINGS JAPANESE IN NY!

Restaurant Beauty Health
Grocery & Sake School Shop

Presented by No 1 Japanese Free Paper in NY

夏祭り Summer Festival 2007

August 11th, Saturday

Place: Mitsuwa Marketplace NJ
Time: Festival Booth 11am~8pm
Bon Dance &
Taiko Masala Performance 6 pm~8 pm

Festival Booths include:
(subject to change)
Goldfish Scooping, Yo-Yo-Scooping,
Superball Scooping, Quoits Game,
Japanese Festival Toys & Snacks,
Yakisoba Pan-fried Noodle, Miso Hotcake
Grilled Lobster & Scallop,
Curry Rice, Gyu-don Rice Bowl,
Gyoza, Ice Green Tea,
Okonomiyaki pancake, Yakitori,
Grilled Corn, Cotton Candy, etc.

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SUN.-FRI. 7:00PM SAT. 8:00PM

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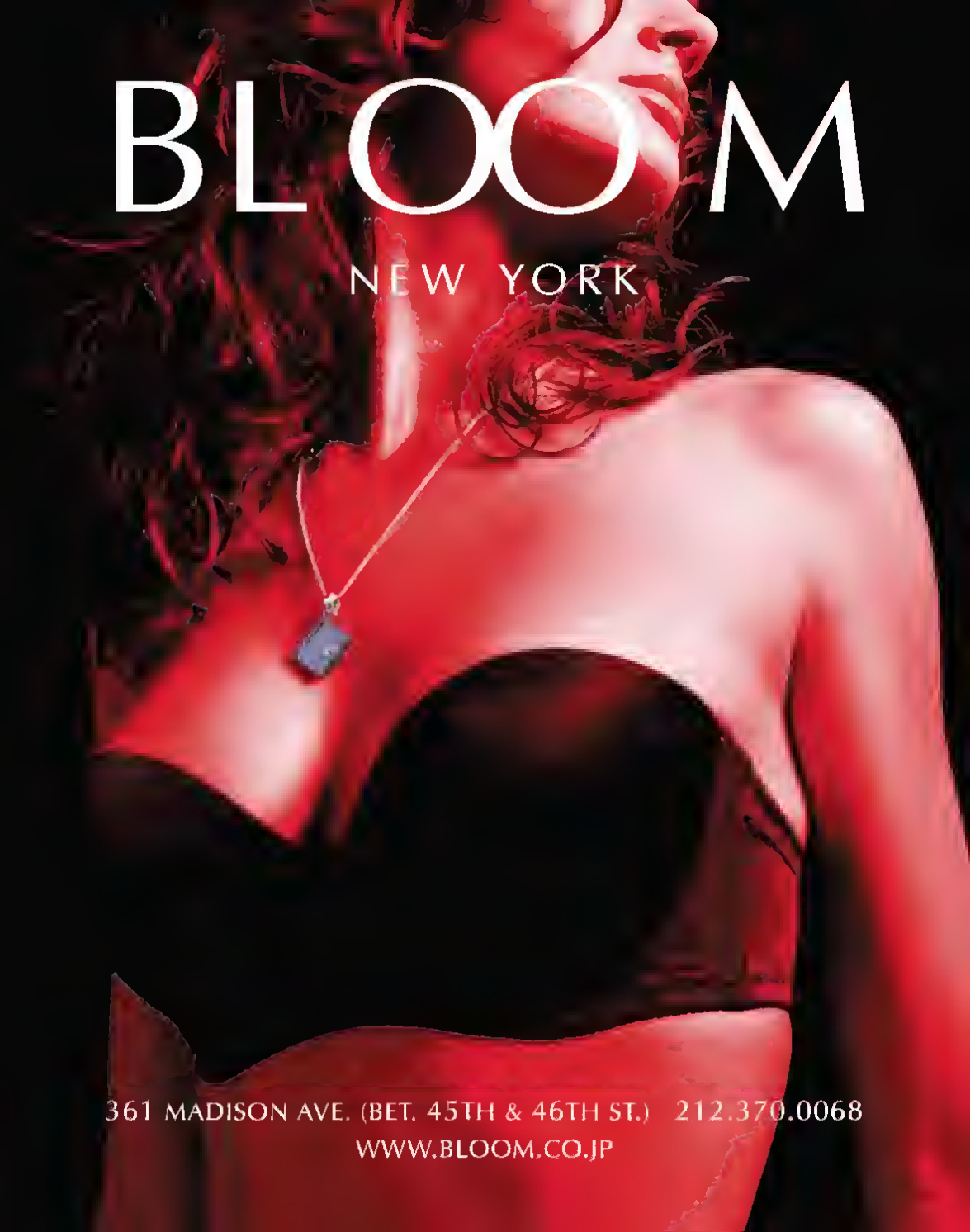
Store Hours Vary! check our website

NOW HIRING

Clothing and Home Appliances Closed Sundays.
Alcohol Beverages' Sale starts after 1 pm on Sundays.
-Bergen County's Blue Law-


BLOOM
NEW YORK
361 MADISON AVE. (BET. 45TH & 46TH ST.) 212.370.0068
WWW.BLOOM.CO.JP

Mr. Hans C. Basse
Head of Kitano New York Operations

The Japanese owned and operated hotel never disappoints New Yorkers
Discreet, elegant hospitality is managed by a Swedish hotelier

Photo: Takuya Sakamoto, Courtesy of The Kitano Hotel

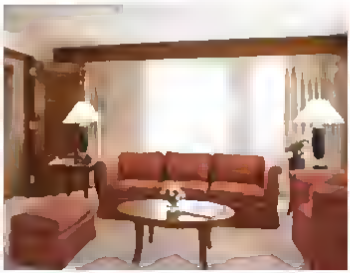
The only Japanese-owned Kitano Hotel appointed Mr Basse as General Manger over 3 years ago at its New York location in the historic Murray Hill district. "Mr Basse is responsible for overall operations of the hotel including sales and marketing and food and beverage outlets such as the highly regarded Hakubai traditional Japanese restaurant, the Garden Cafe and Bar Lounge featuring live jazz performance by legendary and contemporary jazz musicians" His experience spans three decades and some of the world's finest hotels such as The Savoy in London, Hotel Plaza Athene in Paris and The Grand Hotel in Copenhagen, Denmark.

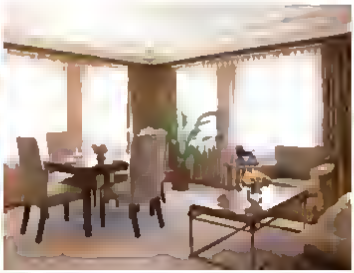
The Kitano Hotel is an icon of impeccable service, comfort and relaxation for Japanese people living in NYC as well as Japanese tourists How would you describe The Kitano New York? What is its distinctive feature?

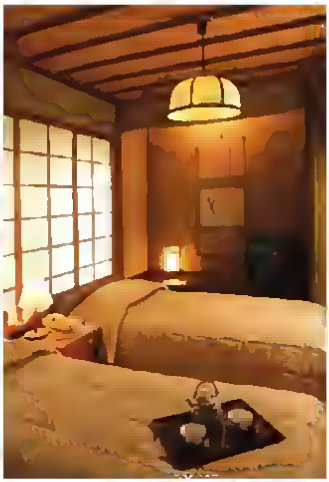
A serene oasis In Manhattan along busy Park Avenue. Great insulation of window and walls makes The Kitano a real haven of tranquility It's a fusion of East and West - immaculately clean, an epitome of understated elegance.

You have a Northern European background, were trained at the prestigious L'Ecole Hôtelière in Lausanne in Switzerland and have worked in many world-renowned hotels in Europe. What is the most impressive thing about the hospitality industry in Europe and how is it different from New York?

The style of hospitality is different In Europe it is much more old-fashioned and formal Here it's erratic That's the charm It fits the pace of the city Everyone's in a hurry The hospitality business is more service-oriented here, with constant attention to im-







provements.

In your opinion, what is the best thing about American hospitality? What is your mission philosophy for the hospitality business in New York?
The desire to be the best, to be sincere, anticipate needs by setting goals Americans are impressed by statistics So we designed guest questionnaires and review critiques by customers. A hotel is never better than the people working in it. The current staff are the Kitano have been working since 1995

Have you ever been to Japan? In Japan, the traditional ryokan or inn is very famous. What do you think of traditional Japanese hospitality? How does it differ from American or European hospitality?
I've been to Japan about 5 times on business trips. I never stayed at a ryokan, rather in city hotels. Visiting Kyoto was the most tranquil experience Japanese hospitality is sincere, humble, and unobtrusive For example, during my stay at the Okura Hotel in Tokyo I was in the dining hall and saw a waiter take a jacket to housekeeping to stitch a button and bring it back to the dining room We had a similar story at The Kitano. A lady lost her engagement ring in the drain So the ceiling was opened to retrieve the ring from the plumbing

What percent of your guests are non-Japanese? Are there many repeaters? Why do you think they choose the Kitano hotel when they come to NYC?
About 10 % are European, 30% other non-Japanese guests and 60% are Japanese We have a 45-50% return factor. People come back for the service, product ad location!

Scandinavian furniture is popular among Japanese consumers. It seems that both Swedish and Japanese people respect the beauty of simplicity. Do you feel any similarities between the two cultures? The star chef of Aquavit, Marcus Samuelssson mentioned he loves Sushi Yasuda – simple, quality and natural. Would you like to bring some Swedish influence over to the Kitano Hotel to pursue an intercultural fusion here?
Swedish and Japanese cultures are very different. I love Sushi Yasuda too Marcus is at The Scandinavian House next door with a Swedish lunch counter and extensive menus for special occasions.

By the way, do you incorporate anything Japanese into your private lifestyle? Food, art, music, books, movies or any customs like taking a deep bath?
I take a deep bath in the winter

What is your message to New Yorkers?
Come and try the only Japanese owned and operated hotel in New York City We will not disappoint you We will surprise you and make you feel special We pride ourselves in winning you over and keeping you satisfied

THE KITANO
NEW YORK

The Kitano Hotel, New York

66 Park Ave at East 38th St
New York, NY 10016
TEL 212-885-7000

Mr. Basse's Choice

■ What is your favorite Japanese restaurant in Manhattan, after Hakubai?
Sushiden, and Hakubai

■ Where do you feel most like "Japan" in Manhattan aside from the Kitano Hotel?
In Japanese restaurants like Sushiden, Nobu, and Morimoto.

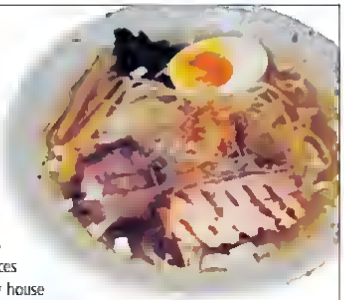
Summer Event at Hakubai at The Kitano

Traditional Eel-eating Days of Summer
From July 30 to Aug 5

This summer, The Kitano New York's Michelin-rated Hakubai Restaurant invites guests to experiences some of the country's most authentic Japanese cuisine and culture with special Eel-eating Days of Summer – based upon the lunar calendar Doyo. The Japanese people eat eel to cure the accumulated summer heat-related fatigue, what we call "natsubate." The nutrition of eel is perfect to overcome this time of the year. Hakubai Restaurant 212-885-7111

Restaurant

East Village Ramen Culture



Japan's favorite food – Ramen – comes to the East Village this summer in a natural and healthy way via Ramen Setagaya, serving No 1 Shio Ramen. Lauded as the best in Japan, a given ramen shop ("Ramen Ya") sells about 700-800 servings on a busy day. A line formed along First Ave. on opening day proves that quality traverses borders. Among the various franchise locations in Japan, Ramen Setagaya is found in the popular lovebird hangout Odaiba, overlooking Rainbow Bridge. Now you can experience Ramen Setagaya's healthy and delicious noodles here in NYC as one of Ramen Setagaya's very chefs prepares all-time favorites. If you're under the impression that ramen is an unhealthy MSG-laden dormitory food, prepare yourself for quality dishes that contain no MSG or additives. Health is key at this new noodle hotspot so ingredients are carefully selected. For example, the salt used for the specialty Shio Ramen comes from Vietnam's Khanh Hoa district famous for sea salt production since colonial days. According to principles of "whole food" sea salt is mineral rich containing high levels of Mg, Ca, K, and Fe. Try a bowl according to your meat preference (pork bone, chicken and chicken bone) served with Aosa seaweed from Japan, dried mushroom, Rishiri seaweed, dried scallops, dried anchovy, garlic, ginger, cabbage, and red pepper prepared separately for Ramen soup. Each soup contains noodles with different thickness served in different sauces. Sip on the complimentary house ITOEN green tea. Or, try one of various organic beers!

Ramen Setagaya
141 1st Ave. (bet 8th & 9th St.)
Tel 212-529-2740

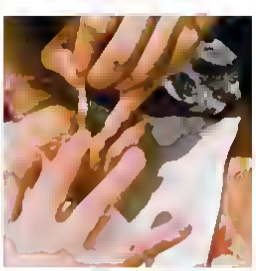
Beauty

Calgel Nail Technology. Health and Beauty Merge

Tired of unhealthy nails and/or, chipping polish? Calgel is one of the most popular nail trends used on the natural nail to strengthen weak and soft nails while beautifying the surface with a honey-like wet look. Choose from a variety of imported colors, subtle gradation schemes and designs. The UV gel system is applied by trained and qualified nail technicians at Sakura Nail Salon, the only salon among 4000 in NY offering Calgel technology to fortify weak nails. Experience great service and lasting nails in a cozy, sanitary salon on the Upper East Side.

Calgel, made in South Africa, is one of the most popular UV gel systems in Japan. The trend has caught on in Europe and is already hot in California. Simple applications take up to an hour while more complex nail art requires meticulous handwork for greater lengths of time. Consider some of the benefits, most nail polish damages the natural nail, as oxygen does not reach the nail resulting in dreaded fungal infections. Calgel on the other hand is a porous system that allows nails to breathe and grow in a healthy manner. Calgel not only solves the issue of damaged nails but also lasts longer than a regular manicure. Regular polish lasts for a week whereas Calgel remains looking great for up to 3 weeks.

Excellent adhesion to the natural nail plate means you'll need simple fill-ins to the areas of growth without the painful process of removing nails. Sakura provides a number of different services including waxing, massage, and regular manicures and pedicures. Soft lounge music in the background creates a relaxing ambiance as you sit back, relax and give yourself a gift of health and beauty this summer!



Sakura Nail Salon
1709 2nd Ave. (bet 88th & 89th St.)
Tel 212-722-1334

Health

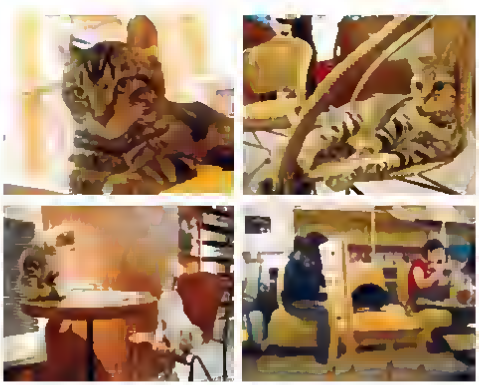
No pain, just gain.
Wake up your healthy body with this new machine from Panasonic!

A brand-new fitness machine just arrived in NY from Panasonic after gaining a great amount of popularity in Japan. With "Core Trainer," you can get the same positive effects achieved from horse riding. This unique "Horse-Riding Therapy" strengthens the muscles, especially the ones around the abdomen and back used to balance the body when riding a horse. It can also prevent lower back pain and improve your sense of balance. Panasonic has reproduced the act of horse riding in Core Trainer. You can get all the benefit easily at home. Simply sit and ride for 15 minutes. You can build body strength and still have fun. It helps to increase muscle strength in the waist and thighs, develop good posture, boost glucose consumption, and increase the rate of "Basal Metabolism." Also, you can build to an intense core workout with its pre-programmed settings and variable tilt and speeds. Core Trainer is ideal for those who do not get enough exercise, feel pain in their knees and waist, want to lose weight, and want to keep good posture. It works for all ages. Improve your body and make it healthy and beautiful with Core Trainer!
www.panasonic.com

From JAPAN

Cat Café – a unique way to relax in Japan

Cat cafe – might sound weird to Americans, but it's the newest trend in Japanese theme cafes. This is a place where you don't have to get any drinks. You only have to want is to enjoy the company of cats. That's right, cat lovers can adore cats as much as possible in this cafe. Originally, this trend started in Taiwan, where a large number of cat cafes exist. The Japanese imported it a few years ago opening the first one in Osaka. The first one opened a few years ago in Osaka. Recently, a couple of cat cafes have opened in Tokyo and since then it has gotten very popular. You buy a ticket at an hourly rate, and get it stamped at the time you enter. You are then asked to wash your hands and take off your shoes before entering the room for hygienic purposes. You can play with the cats or just watch them while having coffee. Usually there are around 10 cats in one cafe. It is as if you were visiting someone's home. Surprisingly, the cafe is very popular among Japanese businessmen who go there as a source for healing and quality time, escaping their hectic jobs. It is a fabulous visiting spot for cat lovers.



www.nekonojikan.com (a cat cafe in Tokyo)
www.tabitabi-taipei.com/youyou/200509/ (for cat cafes in Taiwan)

Tamari

201 5th Ave.
Brooklyn NY 11217
Tel 718-230-5636

Lunch: Thu-Sun 12pm-4pm
Dinner:
Tue-Sun 4pm-10.30pm

Looking for a place to hangout? You can "tamaru" at Tamari, the first sake bar in Park Slope. The name comes from the Japanese word meaning to hangout and the low-key bar and restaurant is intended to provide a spot for artistic-types to do just that. With an atmosphere inspired by Tapas bars, it is an ideal place for an evening with friends. Start early with the "Happy Sake Hour" specials or a Japanese Mojito. Follow this with a few of owner/chef Kenichiro Kikuchi's imaginative tapas and rolls like the Beef Tataki or Crispy Curry Tempura Roll. Put it all together and you have a delightful gathering where the sake is good, the cocktails creative and the food original.

Beef Tataki

A delightful combination of Japanese and Korean tastes. Grilled beef is marinated in Gochujang, then covered in a sauce made with Kimchi, and served with arugula, cherry tomato, hakchoi and cucumber

The most popular dish among Japanese customers **BEST 3!**

1. Tuna Avocado Wasabi Tartar ($4.95)
2. Taco Tempura ($4.75)
3. Catfish kabayaki ($4.75)

Cha-an

230 E. 9th St.
(bet 2nd & 3rd Ave.)
Tel 212-228-8030

Weekdays 2pm-11pm
Fri & Sat: 12pm-12am
Sun. 12pm-10pm

Whether you're looking for a relaxing afternoon tea, lunch, dessert, or simply a retreat in the East Village, Cha-an is your choice. Though primarily a tea house in it's conception, Cha-an now serves healthy creative meals and delicate desserts alongside a great variety of teas. Try the Cha-an set served with 12-grain-rice, tea-smoked salmon, a side of vegetables and soymilk quiche. Don't be surprised to find the all-female staff working calmly through an open kitchen. Sounds of water running and knives cutting add to an already meditative ambiance.

Sakura Flan

A light non-baked flan made with sakura leaves and a slight touch of salt. Refreshing dessert perfect for hot summer days!

The most popular dish among Japanese customers **BEST 3!**

1. Chef's assortment ($18)
2. Crème brulée ($7)
3. Chocolate Soufflé ($7)

Gyu-kaku

805 Third Ave. 2nd fl.
(bet. 50th & 51st St)
www.gyu-kaku.com

Lunch: Mon-Sat 11.30am-2pm
Dinner: Mon-Thu 5pm-11pm
Fri & Sat: 5pm-12pm Sun: 5pm-10pm

At Gyu-kaku, motto is "Be your own chef." There you can cook tasty morsels to your liking over a charcoal fire. Pick up meats, put them on the wire net grill, and enjoy the barbeque on the table. It's very simple, and all the meats are cut into mouth-sized pieces. An added plus is that the unique air cleaners here eliminate smoke and any lingering scents, so it's no problem if you wear nice business attire. The minute you come in, the staff greet you by saying "Irrasshaimase!"- While the welcoming Japanese service is very professional and polite, this Japanese, new interpretation of barbeque, fits into the ever-changing lifestyle in Manhattan.

U.S. Kobe Kalbi

World famous Kobe Beef comes to Gyu-kaku. This premium cut of boneless short-rib is served with our house BBQ sauce. Soft, juicy, top quality Japanese beef at $24! Enjoy!

The most popular dish among Japanese customers **BEST 3!**

1. Premium Kalbi (short-rib) ($11)
2. GyuTan (tongue) ($9)
3. Harami (skirt) ($10)

Le Miu

107 Avenue A
(btwn 6th & 7th St)
Tel 212-473-3100
www.lemiusushi.com

Mon-Wed & Sun
5:30pm-midnight
Thurs & Fri 5:30pm-2am
Sat 5:30pm-1am

Le Miu is the brainchild of four master chefs with the collective experience of heading the kitchens of such famous eateries as Nobu 57 and Megu. Le Miu's original dishes at affordable prices have kept it in the spotlight. The expertly prepared, ultra-fresh sushi and sashimi will renew your faith in the deliciousness of fish. The comprehensive lineup of creative and original kitchen dishes includes miso-marinated lamb chops and steak with sesame sauce. Le Miu also offers a persuasive array of desserts to accompany any main dish.

Mont Blanc

Specially imported Japanese chestnuts simmering in their skins are the centerpiece of this dish while the chestnut cream and crisp meringue make for a refreshing contrast. Served with hojicha tea ice cream. $8

The most popular dish among Japanese customers **BEST 3!**

1. Prix Fix ($55)
2. Chef's Sushi Platter ($8.5)
3. Alaskan King Crab Fried Rice ($19)

Izakaya Ten

207 10th Avenue (bet. 22nd & 23rd St)
Tel 212-627 7777
Mon-Fri from 5pm-12am
Sat: Brunch 11.30pm-3.30pm, Dinner 3.30pm-12am
Sun. Brunch 11.30pm-3.30pm Dinner 3.30pm-10pm

Some Japanese restaurants try to replicate Tokyo, while others try to give you something, instead. Izakaya Ten falls into the second category. The food is a fresh mix of Japanese and fusion with crafty cocktails. But what this restaurant really wants to show you, aside from the great artwork on the walls, is the Japanese izakaya style of dining. That is the type of dining where everyone shares tasty dishes and there is plenty of sake to go around. Imagine tapas with J-Pop to set the mood. Can't wait until Happy Hour to check it out? Izakaya Ten is now open for brunch on the weekends.

Eel Dynamite

Soft marinated eel with cucumbers covered in a spicy sauce with just enough kick to keep you wanting more.

The most popular dish among Japanese customers **BEST 3!**

1. Ginger Pork Belly ($8)
2. Eel Dynamite ($7.5)
3. Shrimp Avocado Age ($8.5)

Momoya

185 7th Ave (at 21st St.)
Tel: 212-989-4466
Lunch 12pm-3pm
Dinner 5.30pm-11pm
Open daily

Healthy. Affordable. Made with a human touch. These concepts are put to practice at Momoya as Chef Omae makes it a point to give dishes a personal touch. Hiromi Tsuruta's minimal interior design accentuated by wood blocks lends itself to an open yet cozy atmosphere. Fresh ingredients are daily used by masterful hands and served by a friendly staff. Try Momoya's hand-made black sesame seed ice cream for dessert or blood orange sorbet to freshen your palette. An excellent seasonal drink list tops it all off!

Combo Spring Roll

Light, crispy rolls stuffed with rock shrimp and red crab, enoki mushrooms, glass noodles and shiso served with sweet and sour chili sauce ($8)

The most popular dish among Japanese customers **BEST 3!**

1. Spicy Red Crab Cake ($10)
2. KinmedaiWasabiCappuccino ($10)
3. Steamed Vegetables ($13)

Torishin

1193 1st Ave (bet. 64th & 65 Sts)
Tel. 212 388-8408

You ask the chef, "I wonder what I should get? He replies, "We have good liver today." You nod, hungry and impressed, ordering whatever the chef recommends. It is just this kind of easy, casual exchange with the chef across the big counter as you watch him cook Yakitori. Uniquely skewered chickens here are just divine. As these talented chefs cut a variety of meats, sansho or shichimi spices are added giving another dimension to the flavor of the dish. This will not only impress you, but will make you hungry for what's in store, a menu's worth of delicate small dishes with the freshest ingredients.

Yakitori

Perfectly grilled barbecue skewers (from left, liver $4, ume shiso-maki $3.50, Sollilesu thigh meat, $5) can be ordered by the stick after 10pm. Kuro-shichimi pepper imported from Kyoto is a perfect match for the juicy meat.

The most popular dish among Japanese customers **BEST 3!**

1. Sollilesu ($5)
2. Thigh Saikyo Yaki ($7)
3. Tebasaki ($5)

Blue Ribbon

119 Sullivan St. (bet. Spring & Prince St.)
Tel. 212-343-0404
12pm-2am daily

Tucked away on tree-lined Sullivan Street, Blue Ribbon bears no signs to draw its customers. Established in 1996, this sushi hotspot is packed during lunch and attracts a nightly crowd including local chefs looking for someplace to go after hours. A collaboration between Toshi Ueki and two brothers (also chefs) trained in the French tradition, Blue Ribbon presents a large menu with traditional sushi options as well as an American fusion mix. A great sake selection and basic desserts such as ice cream, parfait and creme brûlee give a perfect finish.

Sushi Regular

Spicy tuna roll with an assortment of sushi including tuna, shrimp, yellowtail, sardine, albacore, fluke and salmon ($22)

The most popular dish among Japanese customers **BEST 3!**

1. Dragon Roll ($16)
2. BlueRibbon Roll ($21)
3. Spider Roll ($13.50)

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

- S th Bat AveNaHa
- M Tu W Th F Sa Su Day Close
- Romantic Dining
- Vegetarian Friendly
- Open for Lunch
- Del very
- Family Dining
- Local Favorite
- Business Dinner

$ $25 and below

Upper West — Cafe SWISH
2953-5 Broadway (bet 115th & 116th St ($20
212-222-3588

Upper West — Lenga
200 Columbus Ave. (bet. 69th & 70th St.) $25
212-799-9188

Upper West — Planet Sushi
340 Amsterdam Ave. (bet. 79th & 80th St.) $25
212-712-2162

Upper West — Sushi A-Ga-Go
1900 Broadway (bet. 63 rd & 64th St.) $22
212-724-7340

Upper West — Tomo Sushi & Sake Bar
2850 Broadway (bet. 110th & 111th St ($25
212-665-2916

Upper East — East Japanese
354 E. 66th St. (bet. 1st & 2nd Ave.) $17
212-734-5270

Upper East — Oyogu
1164 1st Ave. (bet. 63rd & 64th St.) $20
212-751-3316

Upper East — Tatani 72
1400 2nd Ave. (bet. 72nd & 73rd St.) $20
212-472-1700

Upper East — Tsuki Restaurant
1410 First Ave. (bet. 74th & 75th St.) $20
212-517-6080

Upper East — Yuka
1631 York Ave. (at 91st St.) $25
212-288-5800

Midtown West — Aki Sushi
356 W. 52nd St. (bet. 8th & 9th Ave.) $25
212-262-2886

Midtown West — East 55
253 W. 55th St. (bet. Broadway & 8th Ave.) $18
212-581-2240

Midtown West — Fuji
236 W. 56th St. (bet. Broadway & 8th Ave.($25
212-245-7137

Midtown West — GO! GO! CURRY!

Any days with # 5 is GO GO DAY. Get a free topping coupon on the 5th, 15th and 25th of a month. The Triple Crown winner of a Japanese curry contest is the one and only curry specialty restaurant in NY. Grand Slam Curry is a grand slam hit among New Yorkers
223 W. 39th St. (bet. 7th & 8th Ave($8 L
212-730-5655 www.gogocurryusa.com

Midtown West — Iroha
152 W. 49th St. (bet. 6th & 7th Ave.) $20
212-586-9049

Midtown West — Ise 56
56 W. 56th St. (bet. 5th & 6th Ave.) $20
212-707-8702

Midtown West — Kodama 45
301 W. 45th St. (bet. 8th & 9th Ave.) $20
212-582-8065

Midtown West — Kyotofu
705 9th Ave. (bet. 48th & 49th St.) $25
212-974-6012

Midtown West — Manchanko-Tei
43-45 W. 55th St. (bet. 5th & 6th Ave.) $10
212-247-1585

Midtown West — Menkui-Tei
70 W. 56th St. (bet. 5th & 6th Ave.) $23
212 757 1542

Midtown West — Sapporo

Enjoy your meal with friends and family at newly renovated Sapporo. We have a variety of authentic ramen noodle soups and Japanese comfort food. Reasonably priced. Sapporo offers the best value and taste. High-chairs available. Open 7 days from 11am
152 W. 49th St. (bet. 6th & 7th Ave.($12
212-869-9972

Midtown West — Tachigui Sobaya
732 7th Ave (bet. 49th & 50th St.) $7
212-265-8181

Midtown West — Teriyaki Boy
685 8th Ave (bet. 57th & 58th St.) $7
212-307 7202

Midtown West — Yoshinoya
266 W. 42nd St (bet. 7th & 8th Ave.($7
212 703-0040

Midtown East — 212 Fukumatsu
212 E. 52nd St. (bet. 2nd & 3rd Ave.) $22
212 754-4840

Midtown East — Amakusa
143 E. 47th St. (bet. 3rd & Lexington Ave.) $20
212-593-3355

Midtown East — Azusa
3 E. 44th St. (bet. 5th & Madison Ave.($28
212-391-0001

Midtown East — Chiyoda Sushi
18 E. 41st St. (bet. 5th & Madison Ave.) $18
212-400-6680

Midtown East — Dosya
137 E. 47th St. (bet. Lexington & 3rd Ave.) $25
212-980-7309

Midtown East — Ise 49
151 E. 49th St. (bet. Lexington & 3rd Ave.) $25
212-319-4476

Midtown East — Izakaya Ariyoshi
221 E. 53rd St. (bet. 2nd & 3rd Ave.) $20
212 319-3940

Midtown East — Katsu-hama
11 E. 47th St. (bet. 5th & Madison Ave.) $18
212 758-5308

Midtown East — Manchanko-Tei
131 E. 45th St. (bet. Lexington & 3rd Ave.) $14
212-865-8805

Midtown East — Nada-Sushi
135 E. 50th St. (bet. Lexington & 2nd Ave.) $25
212-838-2537

Midtown East — Oms/b

Omusubi is often called rice balls in English. We serve not only traditional Omusubi but also nontraditional and novelty ones. Omusubi is inventive food that is fun and healthy. Please relax and enjoy delicious Omusubi in our stylish space. Catering is available!
156 E. 45th St. (bet. Lexington & 3rd Ave.) $9
212-322 5788 www.rabbit-omsb.com

Midtown East — Suibi Restaurant
OKINAWA CUISINE
Suibi offers Okinawan food unlike any other Japanese cuisine. Try Goya Champuru with brisket of pork, featuring goya bitter melon and slow cooked pork belly. Okinawan soba and many other Okinawan dishes. Awamori, Okinawa Spirit, available in variety
232 E. 53rd St. (bet. 2nd & 3rd Ave) $25
212-935-1443

Midtown East — Sushi Tima
821 2nd Ave. (bet. 43rd & 44th St.) $25
212-883-0883

Midtown East — Tenyaki Boy
150 E. 46th St. (bet. Lexington & 3rd Ave.) $7
212-867-6771

Midtown East — Yakitori East
210 E. 44th St. (bet. 2nd & 3rd Ave.) $20
212-687 5075

Korea Town — Todai
6 E. 32nd St. (bet. Madison & 5th Ave.) $25
212-725-1333

Chelsea — Daioh Sushi
300 W. 23rd St. (bet. 7th & 8th Ave.) $20
212-727-0888

Chelsea — Daioh Sushi
300 W. 23rd St. (bet. 7 th & 8th Ave.) $20
212-727 0888

Chelsea — ENNJU
20 E. 17th St. (bet. 5th & Broadway) $10
646-336-7004

Chelsea — Momoya
185 7th Ave. (at 21st St.) $20
212-989-4466

Chelsea — Nnoch
143 8th Ave. (at 17th St.) $24
212-691-4400

Chelsea — Tebaya
144 W. 19th St. (bet. 6th & 7th Ave.) $10
212-924-3335

Gramercy — Choshi

Located near Gramercy Park, nice sidewalk is open. Try our variety of original Sushi Rolls. Offering daily special for lunch and dinner. Lady's Set. Combination Bento. Delivery and Take Out service is available. You can enjoy various kitchen foods
77 Irving Place (at 18th St.) $20
212-420-1413 www.sushichoshi.com

Gramercy — Hamachi
34 E. 20th St. (bet. Broadway & Park Ave.) $15
212-420-1400

Gramercy — Izakaya Ten
207 10th Ave. (bet. 22nd & 23rd St.($20
212-627 7777

Gramercy — Kaiten Sushi East
396 3rd Ave. (bet. 26th & 27th St.($15
212-683-2928

Gramercy — Mishima
164 Lexington Ave. (bet. 30th & 31St. St.) $25
212-532-1500

Gramercy — Teriyaki Boy
18 Lexington Ave. (bet. 22nd & 23rd St.) $7
212-260-4420

Gramercy — Yakiniku JuJu
157 E. 28th St. (bet. Lexington & 3rd Ave.) $25
212-684-7630

Gramercy — YAMA Restaurant
122 E. 17th St. (at Irving Pl.) $20
212-475-0969

West Village — Marumi
546 LaGuardia Pl. (bet. Bleecker & W 3 d St ($25
212-979-7055

West Village — Miyaki
121 W. 3rd St. (Macdougal & 6th Ave.) $20
212-677 2370

West Village — Swish Cafe
88 W. 3th St. (bet. Sullivan & Thompson St.) $20
212 777-7606

West Village — Taste of Tokyo
54 W. 13th St. (bet. 5th & 6th Ave.) $20
212-691-9555

East Village — Ashiya Sushi

Experience the finest sushi and sashimi in East Village. Sushi, sashimi and special rolls are 30% off all day. All You Can Eat Sushi is $24.95 including chef's special rolls & 1 large sake. Add $5 more for All You Can Drink. Catering also available!
187 First Ave. (bet. 10th St. & 11th St.) $15
212-505-7599 www.ashiya2.com

East Village — Cha-An

Try varieties of tea from China, Japan and India together with original sweets by our pastry chefs. Daily special sets for lunch and dinner are also perfect for [illegible] traditional tea ceremony in Sukiya-do (tatami tea room) are available by reservations
230 E. 9th St. 2nd Fl. (bet. 2nd & 3rd Ave.) $20
212 228-8030 www.cha-an.com

East Village — Chiyono
328 E. 11th St. (bet. 1st & 2nd Ave.($15
212-673-3944

East Village — Esashi
32 Ave. A (bet. 2nd & 3rd St.) $25
212-505-8726

East Village — GO Restaurant
30 St. Marks Pl. (bet. 2nd & 3rd Ave.) $18
212-254-5510

East Village — Isona Great Jones

A popular authentic Japanese restaurant HEDEHA in NoHo has reopened its door as Isona Great Jones. Tuna and salmon sushi rolls are $3 and Japanese draft beer Sapporo is $3 during our Renewal Promotion. Please come visit us and enjoy your night!
57 Great Jones St (bet Lafayette & Bowery) $20
212-473-4158

East Village — Izakaya Ariyoshi
810 Broadway (bet. 11th & 12th St.) $20
212-995-1784

East Village — Kura Sushi
67 1st Ave. (at 4th St.) $20
212-979-6848

East Village — Kyn Ya
94 E. 7th St. (bet. 1st Ave. and Ave. A) $25
212-982-4140

East Village — Le Miu
107 Ave. A (bet 6th & 7th St.) $25
212-473-3100

East Village — Menkui-tei
63 Cooper Sq. (bet. 7th & St. Marks Pl.) $10
212-228-4152

East Village — MINCA
536 E. 5th St. (bet. Ave. A & B) $15
212-505-8001

East Village — Natori
50 St. Marks Pl. (bet. 1st & 2nd Ave.) $20
212 533-7711

East Village — Noodle Cafe Zen
31 St. Marks Pl. (bet. 2nd & 3rd Ave.) $12
212-533-6855

East Village — OHI Taisho
9 St. Marks Pl. (bet. 2nd & 3rd Ave.) $25
212-673-1300

East Village — Otafuku
238 E. 9th St. (bet. 2nd & 3rd Ave.) $6
212-353-8503

East Village — Rai Rai Ken
214 E. 10th St. (bet. 1st & 2nd Ave.) $10
212-477-7030

East Village — Sake Bar Satuko
202 E. 7th St. (bet. B & C Ave.) $20
212-614-0833

East Village — Sapporo East
164 1st Ave. (at 10th St.) $20
212-260-1330

East Village — Setagaya

100% NATURAL JAPANESE NO.1 SHIO RAMEN
OPEN 7DAYS
141 1st Ave. (bet. St. Marks & 9th St.) $13
212-529-2740 www.setagaya.com

East Village — Sobaya

Making fresh Soba daily by hand. With high quality buckwheat flour imported from Japan. All natural ingredients make soba healthy. Try Lunch box $15 with choice of soba or udon side dishes and dessert. Daily special appetizer and sake selection for dinner.
229 E. 9th St. (bet. 2nd & 3rd Ave.) $20
212-533-6966 www.sobaya.com

East Village — Sobakoh
309 E. 5th St. (bet. 1st & 2nd Ave.) $25
212-254-2244

East Village — Souen Restaurant
28 E. 13th St. (bet. University Pl. & 5th Ave.) $20
212-627-7150

East Village — Sushi Lounge
132 St. Marks Pl. (bet. 1st Ave & Ave. A) $12
212-598-1188

East Village — Teriyaki Boy
215 E. 10th St. (bet. 1st & 2nd Ave.) $7
212-677-6058

East Village — Typhoon
75 St. Marks Pl. (bet. 1st & 2nd Ave.) $15
212-979-2680

East Village — Umaone

Umaone is a Japanese comfort food restaurant in East Village with over 50 kinds of sake and shochu. All authentic Japanese homestyle dishes are prepared by the owner/chef. Try Goto Udon (udon noodles from Goto Islands of Japan). Now serving shochu desserts.
86 E. 3rd st. (bet. 1st & 2nd Ave) $20
646-654-1122

East Village — Village Yokocho
8 Stuyvesant St. 2Fl (bet. 2nd & 3rd Ave.) $20
212-598-3041

East Village — Yakiniku West
211 E. 9th St. (bet. 2nd & 3rd Ave.) $20
212-673-8236

East Village — Yakitori Taisho
5 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-228-5066

East Village — ZEN
31 St. Marks Pl. (bet. 2nd & 3rd Ave.) $15
212-533-6855

Lower Mhn — Hiroko's Place
75 Thompson St. (bet. Spring & Broome St.) $15
212-625-1303

Lower Mhn — ITSU
250 Vesey St. (4 World Financial Center) $15
212-945-3096

Lower Mhn — Mottsu
295 Mott St. (bet. E. Houston & Prince St.) $20
212-343-4017

Lower Mhn — Souen Restaurant
210 5th Ave. (at Prince St.) $20
212-807-7421

Lower Mhn — Suteishi
23 Peck Slip (bet. Water & Front St.) $20
212-766-2344

Lower Mhn — Teriyaki Boy
22 Madison Lane (bet. Broadway & Nassau) $7
212-385-8585

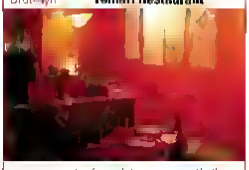
Lower Mhn — Tokyo Lunch
10 John St. (bet. Nassau St & Broadway) $10
212-608-1394

Lower Mhn — Yoshi Restaurant
201 E. Houston St. (Orchard & Ludlow) $18
212-539-0225

Lower Mhn — Zutto
77 Hudson St. (bet. Jay & Harrison St.) $20
212-233-8287

Brooklyn — Gando
331 Flatbush Ave. (bet. Park & Prospect Pl.) $20
718-638-8096

Brooklyn — Iron Chef House
92 Clark St. (bet. Henry St & Monroe Pl.) $15
718-858-4517

Brooklyn — Tomari Restaurant

Japanese specialized fusion dishes are prepared by the owner/chef who uses carefully selected ingredients to create dishes unique only to Tomari's tapas menu. The name "Tomari" comes from a Japanese word meaning "hangout". Happy Sake Hour from open-6pm (tue-sun) Order a sake and receive a complimentary house sake. Try our popular cocktails like Japanese Mojito (lychee & sake) and Plum Kiss (plum wine & ragon sake).
201 Fifth Ave. (bet. Union & Berkeley) $20
718-230-5636

Queens — ARIYOSHI
41-13 Queens Blvd. (bet. 41st & 42nd St.) $18
718-937-3286

Queens — go wasabi
34-02 30th Ave. (at 34th St.) $23
718-204-9354

Queens — go wasabi
23-11 Ditmars Blvd. (bet. 28th & 32th St.) $23
718-204-9724

Queens — Shima Restaurant
23-13 Broadway (bet. 23th & 30th St.) $15
718-721-5566

Upstate — Momiji
267 Halstead Ave. Harrison, NY 10528 $20
914-835-1076

CHOPSTICKS
Please Visit Our Website!
Updated Daily!!
www.chopsticksny.com

Umino-ie
Over 50 kinds of Sake and Shochu.
All authentic Japanese homestyle dishes
are prepared by the owner/chef.
646-654-1122 7pm-1am (sun-thu) -2am (fri-sat)

Complementary Apéritif with this coupon
when ordering PrixFixe!
Aburiya PrixFixe $45 (minimum order 2)
Aburiya Kinnosuke
213 East 45th St. (bet 2 & 3 Ave) 212-867-5454

Upstate **Nishi**
473 Ashford Ave Ardsley NY 10502 $20 Sa L
914-693-2500

Upstate **Sakura**
56 Garth Rd. Scarsdale NY 10583 $15 L
914-723-7767

Upstate **Tanto**
939 White Plains Rd Scarsdale NY 10583 $10 Su L
914-725-9100

Long Island **Akari**
2063 Merrick Rd Merrick, NY 11566 $20 L
516-378-8088

Long Island **Kurofuna**
77 Commack Rd Commack NY 11725 $17 Su L
631-499-1075

Long Island **Nagashima**
12A-1 Jericho Tpk Jericho NY 11753 $25 L
516-338-0022

Long Island **Sapporo**
3887 Merrick Rd Wantagh, NY 11793 $15 L
516-785-3853

Long Island **Shiro of Japan**
401 Old Country Rd Carle Place NY 11514 $20 L
516-997-4770

Long Island **SUSHI ICHI**
700 N Country Rd Setauket, NY 1173 $25 L
631-689-3111

Long Island **TAIKO Restaurant**
15 S. Village Ave Rockville Centre NY $16 L
516-678-6149

Long Island **Taka Sushi**

A small hidden gem located in a strip mall in Westbury Taka Sushi offers classic Japanese food with fresh fish seasonal delicacies and a huge selection of premium sakes at reasonable prices A popular dining spot among the Japanese locals in Long Island

921 Carman Ave Westbury NY 11590 $20 M L
516-876-0033

Long Island **Taka Sushi**
1035 Broadway Woodmere NY 11598 $20 L
516-569-3606

Long Island **Torigo**

Come and try our creative sushi & contemporary Japanese fare!!!

Specializing in sushi and Japanese grill Torigo in Floral Park, Long Island offers exceptionally fine raw fish creations of both traditional and contemporary

191 Jericho Tpk Floral Park NY 11001 $16 L
516-352 1116 www.torigorestaurant.com

Long Island **Yamaguchi**
93 Main St Port Washington NY 11050 $25 L
516-883-3500

Long Island **Yuki's Palette**
511 Old Country Rd Westbury NY 11590 $25 L
516-334-5008

Long Island **Yuki's Palette Too**
11 Merrick Ave Merrick, NY 11566 $25 L
516-334-5009

New Jersey **Asahi Japanese**
1475 Bergen Blvd Fort Lee NJ 07024 $17 Tu L
201-944-5113

New Jersey **Daimatsu**
860 Mountain Ave Mountainside NJ 07032 $25 M L
908-233-7888

New Jersey **East**
1405 Teaneck Rd Teaneck, NJ 07666 $15 L
201-837-1260

New Jersey **Higa Battan**
2021 Center Ave Suite J&K, Fort Lee $10 L
201-461-6465

New Jersey **ICHIBAN**
776 Bloomfield Ave W Caldwell NJ 07006 $25 L
973-403-7176

New Jersey **Italian Tomato (Mitsuwa)**
595 River Rd Edgewater, NJ 07020 $7 L
201-941-6113

New Jersey **Izakaya Oan**
671 Palisade Ave Cliffside Park, NJ 07010 $25 Tu
201 941 3400

New Jersey **Kanoko**
3805 Rt 27 & Rt 518 Princeton NJ 08540 $15 L
732 821-0822

New Jersey **Komegashi**
103 Montgomery St Jersey City NJ 07302 $25 L
201-433-4567

New Jersey **Pinehill**
123 Paramus Rd Paramus NJ 07652 $20 Sa L
201-843-0170

New Jersey **Sakura 46**
368 W Route 46 Cliffside Park, NJ 07010 $20 Sa L
201 807-1887

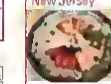
New Jersey **Sakurabana**
43 Flanklin Ave Ridgewood, NJ 07450 $25 M L
201-447-6525

New Jersey **Santohka (Mitsuwa)**
595 River Rd Edgewater NJ 07020 $10
201-941-1004

New Jersey **Sanuki Sando (Mitsuwa)**
595 River Rd Edgewater NJ 07020 $6 L
201 941-6113

New Jersey **Sugi**
2117 Rt 4 E Bound Fort Lee, NJ 07024 $25 L
201-461-6036

New Jersey **Tomo Sushi**



A very popular Japanese restaurant in Princeton Tomo Sushi serves beautiful creation of sushi that satisfies the body and the soul Menu with more than 100 items including 7 lunch specials and variety of maki sushi makes Tomo an exciting place to dine

236 Nassau St Princeton NJ 08540 $20 Sa L
609-924-1478 www.princetontomo.com

New Jersey **Toma's Cuisine**
113 Rt 23 S Little Falls NJ 07424 $20 M L
973-837-1117

New Jersey **UKI UKI**
417 E Brinkerhoff Av Palisades Pk NJ 07650 $15 L
201-947-6446

New Jersey **Umaya**
156 Piermont Rd Cresskill, NJ 07626 $20 M L
201-816-0511

Connecticut **Abis**
241 Greenwich Ave Greenwich CT 06830 $25 L
203-992-0100

Connecticut **Kazu**
60 Main St Norwalk, CT 06854 $25 L
203-866 7432

Connecticut **Sakura**
660 Post Road East, Westport, CT 06880 $25 L
203-222-0802

Connecticut **Toshi Japanese**
136 Simsbury Rd #4 Avon, CT 06001 $20 L
860-677-6242

Connecticut **Wasabi Japanese**
24 S. Main St. Kent, CT 06757 $20 L
860-927-0048

$$ $26 - 40

Upper West **Haru**
433 Amsterdam Ave (bet 80th &81st St.) $38
212-579-5955

Upper West **Rapponqi**
434 Amsterdam Ave (at 81st St.) $35 L
212-362-6182

Upper West **Sushi Hana**
486 Amsterdam Ave (bet 83rd & 84th St.) $35 Su L
212-874-1071

Upper West **Tenzan**
285 Columbus Ave (at 73rd St.) $32 L
212-580-7300

Upper West **Tokya Pop**
2726 Broadway (bet 104th & 105th St.) $32 L
212 932-1000

Upper West **Yuki Sushi**
358 Amsterdam Ave (at 82nd St.) $31 L
212-787-4200

Upper East **Aki Sushi**
1425 York Ave (bet. 75th & 76th St.) $30 L
212-628-8686

Upper East **Haru**
1327 3rd Ave (at 78th St.) $36 L
212-452-1029

Upper East **Haru Saka Bar**
1329 3rd Ave (at 76th St.) $36 L
212-452-8230

Upper East **Ichira**
1694 2nd Ave (bet 87th & 88th St.) $30 L
212 369-6300

Upper East **Ikenohana**
1018 Lexington Ave (bet. 72nd & 73rd St.) $30 L
212-737-0639

Upper East **Iron Sushi**
355 E 78th St (bet 1st & 2nd Ave.) $29 L
212-772-8780

Upper East **Ko Sushi**
1329 2nd Ave (at 70th St.) $31 L
212-439-1678

Upper East **Ota-ya**
1572 2nd Ave (bet 81st & 82nd St.) $33 L
212-988-1188

Upper East **Paris Match**
29 E. 65th St (bet. Madison & Park Ave.) $35 L
212-737-6400

Upper East **Poka**
343 E 95th St (bet 1st & 2nd Ave.) $35 Su L
212-249-0569

Upper East **Sachi**
1360 Madison Ave (bet 94th & 95th St.) $38
212 534-5600

Upper East **Saka Hana**

This cozy Sake Bar and Lounge now serving Asian Tapas and Sushi Rolls until 2am Serves Beer Wine and 50 mm fine Sake selections Don't mind date Friendly staff will find the right sake for you! Recommended for romantic date or girls night

235 E 77th St. (bet. 2nd & 3rd Ave.) $30 L
212 327-0582

Upper East **Shabu-Shabu 70**
314 E 70th St (bet. 1st & 2nd Ave.) $37 L
212-861-5631

Upper East **Sushi Seki**
1143 First Ave (bet. 62nd & 63rd St.) $35 Su L
212-371-0239

Upper East **Sushi Hana**

Upper East Side favorite Sushi Place. Enjoy city's best fish, sake and wine selections in a new modern decor Delivery and Catering available Open 7 days

1501 2nd Ave (corner of 79th St.) $30 L
212-327-0572

Upper East **Tenzan**
1714 2nd Ave (at 89th St.) $32 L
212 369-3600

Upper East **Tokukai 86**
314 E 86th St (bet 1st & 2nd Ave.) $30 L
212-628-5334

Upper East **Wajima**
134 E 81st St (bet Lex & Park Ave.) $30 Sa L
212-813-9085

Upper East **Wasabi Lobby**
1584 2nd Ave (at 82nd St.) $30 L
212-988-8882

Upper East **YUKA Restaurant**
1557 2nd Ave (bet 80th & 81st St.) $27 L
212 772 9675

Midtown West **Aquamarina**
713 2nd Ave (bet 38th &39th St.) $30 L
212-297 1886

Midtown West **Benihana**
47 W 56th St (bet 5th & 6th Ave.) $30 L
212-581-0990

Midtown West **Hakata Grill**
230 W 49th St. (bet Broadway & 8th Ave.) $40 L
212-245-1020

Midtown West **Haru**
205 W 43rd St. (bet Broadway & 8th Ave.) $36 L
212 398-5810

Midtown West **Monster Sushi**
22 W 46th St. (bet 5th & 6th Ave.) $30 L
212-398-7707

Midtown West **Onigashima**
43-45 W 55th St. 2nd Fl (5th & 6th Ave) $30 L
212-541-7145

Midtown West **Pacific Echo**
242 W 56th St (bet Broadway & 8th Ave.) $27 Sa L
212-265-8988

Midtown West **Saka Bar Hagi**

Conveniently located in Midtown West Saka Bar Hagi serves variety of local sake and shochu at the bargain prices You can watch sporting events on a large plasma screen TV or just spend quality time with your friends in this homey bar Open 7days until 3am

152 W 49th St (bet. 5th & 7th Ave.) $30
212-764-1545

Midtown West **Saba Nippon**
19 W 52nd St (bet. 5th & 6th Ave.) $30 L
212-489-2525

Midtown West **Sushiya**
25 W 56th St (bet 5th & 6th Ave.) $40 Sa L
212-247-5756

Midtown East **Gyu-Kaku**

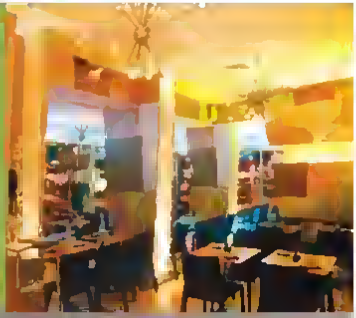
Gyu-Kaku Japanese BBQ restaurant in Midtown provides a private setting over looking beautiful night view of Midtown You are your own chef cooking [illegible] to your liking at your table Try one [illegible] sauces to bring out the best flavor in each ingredient

805 3rd Ave 2nd Fl (at 50th St.) $40 L
212-702-9816 www.gyu-kaku.com

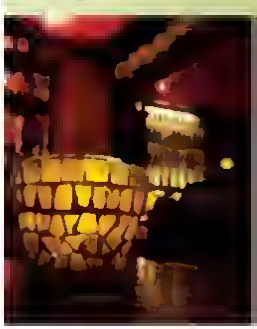
FAVORITE JAPANESE RESTAURANT IN UPPER EAST SIDE

Serving a decade and still counting

Delivery & Catering available



SUSHI HANA 1501 2nd Ave (corner of 78th St) 212-327-0582



SAKE / WINE BAR & LOUNGE

Asian Tapas & Sushi Rolls Served until 2am • 50+ Great S... & Wine Bar

SAKE HANA 265 E 78th St. (bet. 2nd & 3rd Ave) ...-327-0...

August Prix Fixe Dinner $35

3 courses

choice of one from each course

APPETIZERS

Tuna Tartare
Itahan lettuce Caesar salad

Tuna Summer Roll
spicy sauce

Tebagyo
stuffed chicken wings, teriyaki sauce
sautéed Brussels sprouts

Guacamole Shrimp Salad
soy sauce pickled cherry tomatoes

Crispy Fried Chicken Skin Salad
Tosa vinaigrette wasabi dressing

ENTRÉES

Sugiita-Yaki Black Cod
Kinzanji Miso paste

Prime Rack of Lamb
Japanese fried potatoes, moromi sauce

100% Kobe Beef Burger
char-grilled bacon and French fries

Chef's Omakase Sushi
5 nigiri pieces and 1 roll

Empire Sushi Roll
tuna, yellowtail, salmon, whitefish, sea urchin and ikura caviar

DESSERTS

Buckwheat Tea Brule
with chocolate ice cream

Chocolate Fondant
green tea ice cream

Almond Tofu Panna Cotta
seasonal fruits and lychee ginger sorbet

Dinner
Tues-Fri 6-11 pm
Sat 5-11 pm
Sun 5-10 pm

Brunch
Sat & Sun 12-4 pm

Closed on Mondays

212-463-8686
www.chantonyc.com

133 7th Avenue South
(bet. w10 & Charles Sts.)

CHANTO
Japanese Restaurant

Midtown East **Haru**
260 Park Ave (at 48th St) $36
212-490-9680

Midtown East **Hatsuhana Park**

Good for casual dinner with traditional fresh sushi. The combination of high quality fish and rice makes you happy! Don't forget to try the varied appetizer which are all favorites among the Japanese. Enjoy the typical Japanese way of relaxation
237 Park Ave (at 46th St) $35
212-661-3400 www.hatsuhana.com

Midtown East **Izakaya Riki**
141 E 45th St (bet 3rd & Lexington Ave) $30
212-986-5004

Midtown East **Megu Midtown**
845 UN Plaza (bet 1st Ave & 47th St) $40
212-964-7777

Midtown East **Naniwa**
4 E 46th St (bet 5th & Madison Ave) $30
212-370-4045

Midtown East **Shaburi**
125 E 39th St (bet Lexington & Park Ave) $30
212-867-6999

Midtown East **Tokyo**
342 Lexington Ave (bet 39th & 40th St) $40
212-697-5330

Midtown East **Tsushima**
141 E 47th St (bet Lexington & 3rd Ave) $40
212-207-1938

Midtown East **YAMA Restaurant**
301 E 49th St (bet 1st & 2nd Ave) $37
212-355-3370

Chelsea **Aki Sushi**
128 W 36th St (bet Broadway & 7th Ave) $30
212-695-8091

Chelsea **Iron Sushi**
440 3rd Ave (bet 30th & 31St St) $29
212-447-5822

Chelsea **Matsuri**
369 W16 St (bet 8th & 9th Ave) $30
212-243-6400

Chelsea **Mizu Sushi**
23 E 20th St (bet Broadway & Park Ave) $30
212-505-6688

Chelsea **Monster Sushi**
Monster Sushi has operated successful sushi restaurants in NY and NJ for 10 years founded by Carl Waltzer and On Lee in 1997. Monster Sushi quickly became known as the sushi provider of choice among discriminating customers and the media
159 W 23rd St (bet 6th & 7th Ave) $30
212-620-0131 www.monstersushi.com

Gramercy **15 EAST**
15 E 15th St. (Un on Sq W & 5th Ave) $30
212-647-0015

Gramercy **Ajı Sushi**
51a 3rd Ave (bet. 9th & 35th St) $26
212-995-2065

Gramercy **Aki Sushi**
121 E 27th St (bet. Lex. & Park Ave S) $30
212-213-9888

Gramercy **Hana**
346 1st Ave. (at 20th St) $30
212-598-9369

Gramercy **Haru**
220 Park Ave South (at 19th St) $36
646-428-0089

Gramercy **Sahun**
108 Lexington Ave (bet. 30th & 31st St) $28
212-481 7766

Gramercy **Sushi SAMBA**
245 Park Ave South (bet. 19th & 20th St) $35
212-475-9377

Gramercy **Sushi Sen-nin**
30 E 33rd St (bet. Madison & Park Ave S) $40
212-966-2208

Gramercy **Sushi Twist**
68 Madison Ave (Bet. 27th & 28th St) $30
212 213 2236

West Village **Kiran**
33 Carmine St (bet. Bleecker & Bedford St) $30
212-741-2123

West Village **Monster Sushi**
535 Hudson St (at Charles St.) $30
646-336-4433

West Village **Rokumeisha**
11 Barrow St. (bet W 4th St. & 7th Ave.) $35
212-675-7775

West Village **Tomoe Sushi**
172 Thompson St (Bleecker & Houston) $30
212 777-9346

West Village **YAMA on Carmine St**
39-40 Carmine St (Bleecker & Bedford) $37
212-989-9330

West Village **YAMA on Houston St**
52 Houston St (LaGuardia & Thompson) $37
212-674-0035

East Village **EBISU**
414 E 9th St (bet 1st Ave & Ave A) $30
212 979-9799

East Village **Gyu-Kaku**

Gyu-Kaku Japanese BBQ restaurant in E Village provides an ample space for a get together. You are your own chef cooking tasty morsels perfectly at your table. Meats, seafood and various vegetables are served with original sauces to bring out the best flavors
34 Cooper Sq (bet 5th & 6th St) $40
212-475-2949 www.gyu-kaku.com

East Village **Hasaki**

Servings authentic Japanese food since 1994. our Edomae style sushi is made only by experience sush chefs. Cozy Japanese garden in back yard open for summer. Try daily spec al from sush bar and kitchen. Also offering seasonal delicac es
210 E 9th St (bet 2nd & 3rd Ave) $35
212-475-3327 www.hasakinyc.com

East Village **Japonica**
100 University Pl (at 12th St) $40
212 243 7752

East Village **Kanoyama**
175 2nd Ave (at 11th St.) $35
212 777-5266

East Village **Kasadela**
647 E 11th St (bet Ave B & C) $30
212 777 1582

East Village **Shabu-Tatsu**
216 E 10th St (bet. 1st & 2nd Ave) $33
212-477 2972

East Village **Takahachi**
85 Ave A (bet. 5th & 6th St) $36
212-505-8524

Lower Mhn **EN Japanese Brasserie**
435 Hudson St. (at Leroy St.) $40
212-647-9196

An Oasis in Midtown NY
Outdoor Dining OPEN!
SUMMER SPECIAL!
Sapporo Beer Draft (Japanese Beer) $3.75 → $2.00
(For Dinner and Outdoor Dining Only)
Large and small parties for up to 60 people. Can be closed for private parties
初花 PARK
237 Park Avenue (bet 45th & 46th St) Tel. 212.661 3400
Monday–Friday 11:45am-2:45pm (lunch) 5:30pm 10pm (Dinner)
Madison Ave
Park Ave
47th St
46th St
45th St
44th St
Lexington Ave

LUNCH M - F / 12pm - 2:30pm
DINNER M - F & Sat / 5:30pm - 11:30pm
Sun & Holiday / 5:30pm - 11pm
YAKITORI TORYS
248 E 52nd St New York, NY 10022 | 212-813-1800
www.torysnyc.com

Lower Mhn **Ise Downtown**
56 Pine St (bet. William & Pearl St.) $35
212-785-1600

Lower Mhn **Kitchen Cluk**
30 Prince St (at Mott St.) $35
212-274-0025

Lower Mahn **Sachiko's on Clinton**

Highly dedicated yet affordable authentic creative Japanese sushi/sake restaurant in the heart of LES with tranquil garden for outside dining. Perfect for private parties, business meetings, birthday parties and holiday events. Delivery and catering services available.

25 Clinton St (bet E Houseton & Stanton St) $33
212-253-2900 www.sachikosclinton.com

Lower Mhn **Sui**
54 Spring St. (Lafayette and Mulberry) $35
212-965-3636

Lower Mhn **Takahachi Trilteca**
145 Duane St. (Church & W. Broadway) $30
212-571-1630

Brooklyn **Bozu**

Japanese fusion tapas with home-made infused Japanese spirits and more than 20 varieties of sakes. Try our sushi bombs which decorated round sushi and don't forget our huge summer time patio.
6pm-12am (Mon-Thu Sun) 6pm-1am (Fri & Sat)

296 Grand St (bet Havemeyer & Roebling) $30
718-384-7770 www.obozu.com

Brooklyn **Osaka**
272 Court St (bet. Butler & Douglass St.) $30
718-643-0044

Brooklyn **Sakura Cafe**
368 5th Ave (bet. 6th & 7th Ave.) $30
718-832-2970

Brooklyn **Tanzan**
7116 18th Ave (at 71st St.) $32
718-621-3238

Queens **Shiro of Jepan Atlas Pk**
90-40 Cooper Ave (at 80th St.) $30
718-326-8704

Upstate **Hajime**
257 Halstead Ave. Harrison, NY 10528 $30
914-777-1543

Upstate **Kiko House**
11121 E Washington Ave Pearl River, NY $30
845-735-4855

Upstate **Noda**
200 Hamilton Ave. White Plains, NY 10601 $40
914-949-0990

Upstate **Tsuru**
259 N Central Ave Hartsdale, NY 10530 $30
914-761-0057

Long Island **Benihana**
Northern Blvd. Munsey Park, NY 11030 $30
516-627-3400

Long Island **Benihana**
320 Merchant's Concourse, Westbury $30
516-222-4091

Long Island **Bonbori**
14 Elm St. Huntington, NY 11743 $40
631-673-0400

Long Island **Inotome Steak House**
6 8th St. Valley Stream, NY 11581 $30
516-872-0418

Long Island **Isono**
214 Jericho Tpk. Floral Park, NY 11001 $30
516-437-4662

Long Island **Koban Restaurant**
2016 Merrick Rd. Merrick, NY 11566 $30
516-223-3200

Long Island **Kotso**
540 Westbury Ave. Carle Place, NY 11514 $26
516-333-3434

Long Island **Kura Bara**
479 New York Ave. Huntington, NY 11743 $30
631-673-0080

New Jersey **Ichiban**
414 Hackensack Ave. Hackensack, NJ 07601 $30
201-489-0301

New Jersey **Komegashi too**

Located in waterfront Jersey City, Komegashi have the most gorgeous view we look Manhattan skyline and exciting sushi selections. Try our Cherish Royale the freshest pick from chef with selection from Japan and domestic. Only 5 min. PATH from NYC

99 Town Sq. Place, Jersey City, NJ 07310 $30
201-533-8998 www.komegashi.com

New Jersey **Masa Sushi & Grill**
81 W. Allendale Ave. Allendale, NJ 0740 $30
201-334-6016

New Jersey **Matsushima**
595 River Rd. Edgewater, NJ 07020 $35
201-945-9450

New Jersey **Monster Sushi**
395 Springfield Ave. Summit, NJ 07901 $30
908-598-1100

Connecticut **Fuji Garden Steak House**
215 Liberty St. Fairfield, CT 06879 $30
860-599-1155

Connecticut **KU**
85 E. Putnam Ave. Cos Cob, CT 06807 $35
203-422-8313

$$$ $41 - 65

Upper East **Donguri**
309 E. 83rd St. (bet. 1st & 2nd Ave.) $54
212-737-5656

Upper East **Geisha**
33 E. 61st St. (bet. Park & Madison Ave.) $61
212-813-1112

Upper East **Sushi Sen-nin**
1420 3rd Ave (bet. 80th & 81th St.) $53
212-249-4922

Upper East **TORI SHIN**

TORI SHIN is not an ordinary Yakitori Restaurant. Refined Tokyo-style Yakitori is made only with organic chickens from FARMS. No smoke from the grill with excellent ventilation. Vegetarian dishes available
5:30pm-11:30pm (Mon-Wed) 5:30pm-12:30am (Thu-Sat)

1183 1st Ave (bet. 64th & 65th St) $50
212-988-8408

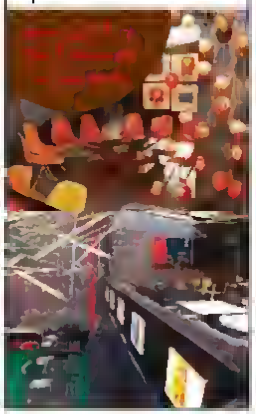
Midtown West **Koi**
40 W. 40th St. (5th & 6th Ave) $62
212-921-3330

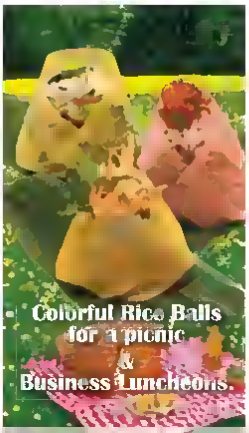
Midtown West **Shimizu**
318 W. 51st St. (bet. 8th & 9th Ave.) $45
212-581-1581

Midtown West **Suehiden**
123 W. 43th St. (bet. 6th & 7th Ave.) $57
212-398-2800

Midtown West **Yakitori TOTTO**
251 W. 55th St. (bet. Broadway & 8th Ave.) $40
212-245-4555

bozu
296 Grand St.
Brooklyn NY 11211
718.384.7770
www.obozu.com
6pm-12am Mon thru Thurs, Sun
6pm-1am Fri & Sat





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CATTRING IS AVAILABLE

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Omsb

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www.riceball-omsb.com

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RAMEN
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IN NEW YORK

New York Branch
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(bet. St. Marks & 9th St)
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Japan Headquarter
www.setaga-ya.com

Midtown East — Abuniya Kinnosuke

It's such funtifying dishes you've never heard of" at this "different" East Midtown Japanese where many of the delicately flavored items come off a robata grill. The lot like going to Tokyo" so don't expect to hear much English." (Zagat Survey 2007)

213 E. 45th St. (bet 2nd & 3rd Ave.) | 212-867-5454 | $51

Midtown East — Hatsukana

17 E. 48th St. (bet. 5th & Madison Ave.) | 212-355-3345 | $50

Midtown East — Nippon

155 E. 52nd St. (bet. Lexington & 3rd Ave.) | 212-758-0226 | $49

Midtown East — Restaurant SEO

240 E. 49th St. (bet. 2nd & 3rd Ave.) | 212-355-7722 | $60

Midtown East — Rinnga

205 E.45th St. (bet. 2nd & 3rd Ave.) | 212-867-4200 | $53

Midtown East — Sakagura

Largest Sake Bar in the world with 200 varieties of sake and seasonal daily specials. Hand made sake and a comfortable selection of wine with a focus on Japanese cuisine. Amazing lunch set situated on the basement level is perfect for couples. Private party rooms available.

211 E. 43rd St. B1F (bet. 2nd & 3rd Ave.) | 212-953-7253 | www.sakagura.com | $50

Midtown East — Suski ANN

38 E. 51st St. (bet. Park & Madison Ave.) | 212-755-1780 | $60

Midtown East — Suskidan

16 E. 49th St. (bet. 5th & Madison Ave.) | 212-758-2700 | $57

Midtown East — Tarys

The sister restaurant of Yakitori Totto, Tarys is the newest Yakitori spot in Midtown. Menu showcases every imaginable part of chicken. Tastefully seasoned and grilled to perfection. Tarys offers more Okonomi-nspired dishes. Open for lunch and dinner.

248 E. 52nd St. 2Fl (bet. 2nd & 3rd Ave.) | 212-813-1700 | www.tarysnyc.com | $44

Chelsea — Naka Naka

45F W 17th St. (at 10th Ave.) | 212-929-9644 | $50

Chelsea — Ono

Gansevoort Hotel 18 9th Ave. (at 13th St.) | 212-660-6766 | $64

Gramercy — BUTAI

115 E. 18th St. (bet. Park Ave. & Irving Pl.) | 212-387-8885 | $42

Gramercy — JAPONAIS

111 E. 18th St. (bet. Irving Pl. & Park Ave. S.) | 212-260-2020 | $50

West Village — Aki

101 W. 4th St. (bet. Barrow & Jones St.) | 212-989-5440 | $41

West Village — CHANTO Restaurant

CHANTO-Upscale and Hip pan one. CHANTO Upstairs is an elegant fine-dining restaurant, where diners can enjoy inspiring Japanese cuisine in a trendy atmosphere. CHANTO BAR on street level offers more casual food, including sushi and Kobe Beef burgers ($9).

133 7th Ave. South (bet 10th & Charles St.) | 212-463-8686 | www.chantonyc.com | $45

West Village — Blue Ribbon Sushi

119 Sullivan St. (bet. Prince & Spring St.) | 212-343-0404 | $51

West Village — TAKA

61 Grove St. (bet. 7th Ave. & Bleecker St.) | 212-242-3596 | $43

East Village — JEWEL BAKO

239 E. 5th St. (bet. 2nd & 3rd Ave.) | 212-375-1012 | $50

East Village — LAN

56 3rd Ave. (bet. 10th & 11th St.) | 212-254-1958 | $48

East Village — Sumile

154 W. 13th St. (bet. 6th & 7th Ave.) | 212-989-7699 | $45

Lower Mhn — MEGU

62 Thomas St. (Church & W. Broadway) | 212-964-7777 | $50

Brooklyn — Blue Ribbon Sushi

278 5th Ave. (bet. 1st St. & Garfield) | 718-840-0405 | $51

Brooklyn — Zenkichi

77 N. 6th St. (bet. Wythe Ave. & Berry St.) | 718-388-1305 | $50

Upstate — Nanase

622 Mamaroneck Ave. White Plains, NY | 914-285-5351 | $50

New Jersey — KIKU

365 Rt. 17 South, Paramus, NJ 07652 | 201-265-7200 | $45

Staten Island — Fuskimi

2110 Richmond Rd. (at Lincoln Ave.) | 718-370-5300 | $42

$$$$ $66 or more

Upper West — Asiate

Mandarin Oriental Hotel 35F | 212-805-8881 | $84

Upper West — Bar Masa

Time Warner Ctr. 10 Columbus Cir. 4th Fl. | 212-823-9800 | $69

Upper West — Gari

370 Columbus Ave. (bet. 77th & 78th St.) | 212-362-4848 | $74

Upper West — Masa

Time Warner Ctr. 10 Colmbus Cir. 4th Fl. | 212-823-9800 | $446

Upper East — KAI

822 Madison Ave. (bet. 68th & 69th St.) | 212-988-7277 | $79

Upper East — Sasabuna

401 E. 73rd St. (bet. 1st & York Ave.) | 212 249-4583 | $80

Upper East — Sushi of Gari

402 E. 78th St. (bet. 1st & York Ave.) | 212-517-5340 | $70

Midtown West — Kobe Club

56 W. 56th St. (bet. 5th & 6th Ave.) | 212-484-5523 | $120

Midtown West — NOBU 57

40 W. 57th St. (bet. 5th & 6th Ave.) | 212-757-3000 | $100

Midtown West — Sugiyama

251 W. 55th St. (bet. Broadway & 8th Ave.) | 212-956-0670 | $90

Midtown East — Hakubai

The Kitano Hotel 66 Park Ave. (at 39th St.) | 212-885-7111 | $50

Midtown East — Ichimura

1026 2nd Ave. (bet. 54th & 55th St.) | 212-355-3657 | $100

Midtown East — Inagiku

111 E. 49th St. (bet. Park & Lexington Ave.) | 212-355-0440 | $70

Midtown East — Kuruma Sushi

7 E. 47th St. 2nd Fl. (bet. 5th & Madison Ave.) | 212-317-2802 | $109

Chelsea — MORIMOTO

88 10th Ave. (bet. 15th and 16th St.) | 212-989-8883 | $90

West Village — Ushiwakamaru

136 Houston St. (Sullivan St. & MacDougal St.) | 212-228-4161 | $80

Lower Mhn — NINJA

25 Hudson St. (bet. Duane & Reade St.) | 212-274-8500 | $70

Lower Mhn — NOBU

105 Hudson St. (at Franklin St.) | 212-219-0500 | $100

Lower Mhn — NOBU NEXT DOOR

105 Hudson St. (Franklin & N. Moore St.) | 212-334-4445 | $75

CAFE

Upper West — Beard Papa's Upper W

We bake our special choux pastry several times daily and our secret-recipe whipped cream custard is made on the premise. You can taste the difference of our commitment. It serves only the freshest cream puffs with the highest quality in every bite.

2157 Broadway (at 76th St.) | 212-799-3770 | www.mugimhmart.com | Cream Puffs

Upper East — Choux Factory

1665 1st Ave. (bet. 87th & 88th St.) | 212-288-2023 | Cream Puffs

Midtown East — Cafe Zarya Midtown E

18 E. 48 St. (bet. 5th & Madison Ave.) | 212-973-0900 | Bakery

Midtown East — Choux Factory

995 1st Ave. (bet. 49th & 49th St.) | 212-223-0730 | Cream Puffs

West Village — Beard Papa's W. Villaga

5 Commerce St. (bet. 6th Ave. & Bleecker St.) | 212-989-8855 | Cream Puffs

East Village — Beard Papa's Astor Pl

740 Broadway (bet. Astor & Waverly Pl.) | 212-995-8666 | Cream Puffs

East Village — Cafe Zarya East Village

69 Cooper Sq. (at St. Marks St.) | 212-243-4020 | Bakery

East Village — Cecel Cafe Crepe

135 1st Ave. (bet. St. Marks & 9th St.) | 212-460-5102 | Crepe

East Village — Gateaux Bakery

484 Kinderkamack Rd. River edge, NJ 07661 | 201-634-1131 | Bakery

East Village — PANYA

10 Stuyvesant St. (bet. 2nd & 3rd Ave.) | 212-777-4930 | Bakery

Lower Mhn — Tasty Nstaral Desserts

150 Centre St. (at Walker St.) | 212-219-8199 | Dessert Bar

New Jersey — Parisienne

250 Main St. Fort Lee, NJ 07024 | 201-592-8878 | Bakery

KARAOKE

Upper East — Iggy's

1452 2nd Ave. (bet. 75th & 76th St.) | 212-327-9043 | no charge

Midtown East — Japas 27

368 3rd Ave. (bet. 26th & 27th St.) | 212-889-2329 | $8/h /person

Midtown East — Japas 38

9 E. 38th St. (bet. 5th & Madison Ave.) | 212-679-4040 | $8/h /person

Midtown East — Karaoke Cube

238 E. 53rd St. 4th Fl. (bet. 2nd & 3rd Ave.) | 212-755-1957 | $5/h /person

Korea Town — iBap Karaoke

25 W. 35th St. 3rd Fl. (bet. 5th and 6th Ave.) | 646-752-4995 | $6/h

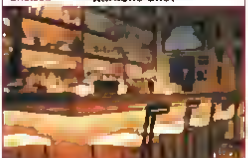
Korea Town — Karaoke Duet

53 W. 35th St. 2nd Fl. (bet. 5th & 6th Ave.) | 646-473-0828 | $4/h /person

Korea Town — Tinga Tinga Karaoke

162 Madison Ave. 6th Fl. (bet. 32nd & 33rd St.) | 212 213-0875 | $40/h /box

Chelsea — Karaoke One7



Karaoke One7 offers the city's largest song selection of over 50,000 in 13 different languages and new songs are added monthly. Sing at the bar for $2 per song or sing with your friends in a room equipped with a Hi-Fi sound plasma TV. Wide variety of drinks available from the bar. Drinks are half price during Happy Hour (2pm-7pm) with some restrictions. Open 7 days from 2pm to 4am. Large party rooms available. Call for reservations.

212-675-3527 | www.karaoke17.com | $2/song

East Village — Lush Lounge

5 E. 13th St. (bet. 5th Ave. & University Pl.) | 646-486-3225 | 35/h /box

East Village — Planet Rose

218 Avenue A (bet. 13th & 14th St.) | 212 353-3500 | $2/song

East Village — Sing Sing (Ave. A)

SING-SING KARAOKE AVENUE A

Among the newest and trendiest restaurants on Avenue A, Sing Sing offers a hot lounge and 15 private rooms for karaoke. It is a perfect place for getting together with friends after dinner. Large party rooms are available for up to 30 people. OPEN 7 DAYS

81 Avenue A (bet. 5th & 6th St.) | 212-674-0700 | www.karaokes ngsing.com | $7/h per person

East Village — Sing Sing (St. Marks)

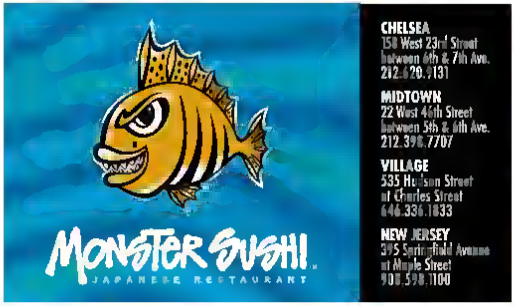
SING-SING KARAOKE ST. MARKS

Crown entry located on St. Marks Street in the heart of East Village. Sing Sing is a Karaoke lounge with 16 Private Rooms. This hottest new lounge is a great spot for young adults who love to sing. OPEN 7 DAYS 1:00PM-4:00AM. Party@ka aokesingsing.com

9 St. Marks Pl. 2nd Fl. (bet. 2nd & 3rd Ave.) | 212-867-7000 | www.karaokes ngsing.com | $7/h per person

Lower Mhn — Bny Karaoke Bar

8 Thompson St. 2Fl (bet. 6th Ave. & Canal St.) | 212-334-5430 | $30/h /box



IZAKAYA
SAKE BAR Hagi
Conveniently located in Midtown West Sake Bar Hagi serves variety of local sake and shochu at the bargain prices. You can watch sporting events in a large plasma screen TV or just spend quality time with your friends in this homey bar.
Sake Bar Hagi
152 W. 49th St. (bet. 6th & 7th Ave.) 212-764-0549

The World's Best Cream Puffs!
Green tea Chocolate Strawberry Caramel Earlgrey tea Coffee Eclair
beard papa's
fresh'n natural cream puffs
New York Los Angeles Honolulu San Francisco Boston New Jersey
www.beardpapas.com

Other Asian Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | Open for Lunch
M Tu W Day Close | Delivery
Th F Sa Su | Family Dining
Romantic Dining | Local Favorite
Vegetarian Friendly | Business Dinner

$ $25 and below

CHINESE

Upper West — **Hunan Park** — $23
235 Columbus Ave (bet. 70th & 71st S.)
212-724-4411

Upper West — **Ivy's Cafe** — $23
154 W. 72nd St. (B'way & Columbus Ave.)
212-787-3333

Upper West — **Dlhe's** — $21
1361 Broadway (bet. 87th & 88th St.)
212-665-8181

Upper West — **Dlhe's** — $21
2557 Broadway (at 116th St.)
212-932-3300

Upper East — **Hunan Balcony** — $18
1650 3rd Ave. (bet. 92nd & 93rd St.)
212-517-2098

Upper East — **Lilrs Noodle & Grill** — $22
1500 3rd Ave. (bet. 84th & 85th St.)
212-639-1313

Midtown West — **Grand Sichuan** — $15
745 9th Ave. (at 50th & 51st St.)
212-582-2288

Midtown West — **Joe's Shanghai** — $20
24 W. 56th St. (bet. 5th & 6th Ave.)
212-333-3868

Midtown West — **Dlhe's** — $15
200 W. 44th St. (bet. 7th and 8th Ave.)
212-921-5966

Midtown West — **Tang's Pavilion** — $20
65 W. 55th St. (bet. 5th & 6th Ave.)
212-265-8865

Midtown West — **Wu Liang Ye** — $25
36 W. 44th St. (bet. 5th & 6th Ave.)
212-354-2308

Midtown East — **Dynasty Sung** — $20
511 Lexington Ave. (at 48th St.)
212-355-1200

Midtown East — **Grand Sichuan** — $23
1045 2nd Ave. (bet. 55th & 56th St.)
212-355-5855

Midtown East — **Mee Noodle Shop** — $15
922 2nd Ave. (at 49th St.)
212-888-0027

Chelsea — **Grand Sichuan** — $23
227 Lexington Ave. (bet. 33rd & 34th St.)
212-57n-8770

Chelsea — **Grand Sichuan** — $23
229 9th Ave. (at 24th St.)
212-420-5200

West Village — **Empire Szechuan** — $15
173 7th Ave. S. (at Perry St.)
212-243-8048

Lower Mhn — **Dim Sum Go Go** — $15
5 E. Broadway (bet. Catherine & Oliver St.)
212-732-0797

Lower Mhn — **Golden Unicorn** — $15
18 E. Broadway (Division & Catherine St.)
212-941-0811

Lower Mhn — **Jing Fong** — $15
20 Elizabeth St. (bet. Bayard & Canal St.)
212-964-5256

Lower Mhn — **Joe's Ginger** — $15
25 Pell St. (at Doyers St.)
212-285-0333

Lower Mhn — **Joe's Shanghai** — $15
9 Pell St. (bet. Bowery & Mott St.)
212-233-8854

Lower Mhn — **Lin's Dumpling House** — $10
28 Bowery (at Bayard St.)
212-349-0523

Lower Mhn — **Manderin Court** — $15
61 Mott St. (bet. Bayard & Canal St.)
212-608-3838

Brooklyn — **Faan** — $15
208 Smith St. (bet. Baltic & Butler St.)
718-694-2277

KOREAN

Koreatown — **Book chong dong** — $15
34 W. 32nd St. (bet. 5th Ave. & Broadway)
212-736-9002

Koreatown — **Don's Bogam** — $25
17 E. 32nd St. (bet. 5th & Madison Ave.)
212-683-2200

Koreatown — **Franchia** — $25
12 Park Ave. (at 34th & 35th St.)
212-213-1001

Koreatown — **Gam Mee Ok** — $18
43 W. 32nd St. (bet. 5th Ave. & Broadway)
212-695-4113

Koreatown — **HAN BAT** — $15
53 W. 35th St. (bet. 5th & 6th Ave.)
212-629-5588

Koreatown — **HANGAWI** — $20
12 E. 32nd St. (bet. 5th & Madison Ave.)
212-213-0077

Koreatown — **Hyo Dong Gak** — $15
51 W. 35th St. (bet. 5th & 6th Ave.)
212-695-7167

Koreatown — **Kumtang House** — $15
32 W. 32nd St. (bet. 5th Ave. & Broadway)
212-947-9492

Koreatown — **Kum Gong San** — $20
48 W. 32nd St. (bet. 5th Ave. & Broadway)
212-967-0909

Koreatown — **Kunjip Restaurant** — $15
9 W. 32nd St. (bet. 5th Ave. & Broadway)
212-216-9497

Koreatown — **Seoul Garden** — $15
34 W. 32nd St. (bet. 5th Ave. & Broadway)
212-736-9002

Koreatown — **Shilla** — $25
37 W. 32nd St. (bet. 5th Ave. & Broadway)
212-967-1140

Koreatown — **Won Jo** — $20
23 W. 32nd St. (bet. 5th Ave. & Broadway)
212-695-5815

Koreatown — **Woo Chon** — $20
10 W. 36th St. (bet. 5th & 6th Ave.)
212-695-0078

West Village **Panang Gumey Drive**
541 La Guardia Pl (W 3rd & Bleecker) $20
212-477-0600

East Village **Bon Jao**
107 1st Ave. (bet 9th & 7th St.) $20
212-505-7974

East Village **Ook Sum's**
115 1st Ave. (bet. 7th St & St. Marks Pl.) $15
212-477-9606

East Village **Sura**
105 E. 9th St. (bet. 3rd & 4th Ave.) $25
212-982-6390

Lower Mhn **Kori**
253 Church St (bet. Leonard & Franklin St.) $15
212-334-0908

Lower Mhn **Li Hua**
171 Grand St. (bet. Centre & Baxter St.) $12
212-349-0080

Brooklyn **Ookebi**
185 Grand St. (bet. Bedford and Driggs Ave.) $20
718-782-1424

Upstate **Kalbi Hausa**
291 Central Ave White Plains NY 10606 $20
914-328-0251

New Jersey **Gam Mae Ok**
405 Main St Fort Lee NJ 07024 $12
201-242-1333

THAI

Upper West **Lemongrass Grill**
2534 Broadway (at 95th St.) $22
212-666-0808

Upper East **Jasmine**
1611 2nd Ave (at 84th St.) $25
212-517-4654

Upper East **Sa-Way**
1473 1st Ave (at 77th St.) $20
212-744-6374

Upper East **Spice**
1411 2nd Ave (bet. 73rd & 74th St.) $25
212-249-5348

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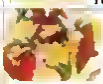
360 W 46th St. (bet. 8th & 9th Ave.) $15
212-541-5943 www.bangkokhousenyc.com

Midtown West **Chanpen Thai**
781 9th Ave (at 51st St.) $20
212-586-6808

Midtown West **Pongsri Thai**
244 W 48th St (bet. Broadway & 6th Ave.) $20
212-582-3392

Midtown West **Topaz Thai**
127 W 56th St (bet. 6th & 7th Ave.) $15
212-957-4020

YUM YUM 3

YUM YUM 3 is the third and most exciting yet of the Yum Yum family of restaurants. Conveniently located at corner of 46th St. and 9th Ave, we offer the most authentically traditional Thai menu and most affordable prices you can find in Manhattan!
956 9th Ave (bet corner of 46th St.) $15
212-956-0639 www.yumyum3.com

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Casual-chic atmosphere requires very but very worthwhile cuisine - a fun place to chill. We feature a variety of authentic Thai cuisine, seafood, sweet duck and chicken dishes and weekly Chef's special. Prix fixe Special only $14.95
650 9th Ave (bet. 45th & 46th St.) $15
212-262-7244 www.yumbangkoknyc.com

Chelsea **Lemongrass Grill**
328 E. 34th St. (bet. Lexington & 3rd Ave.) $22
212-213-3917

Chelsea **Pad Thai**
114 8th Ave (bet. 15th & 16th St.) $20
212-691-6226

Chelsea **Pongsri Chelsea**
165 W 23rd St (bet. 6th & 7th Ave.) $20
212-645-8808

Chelsea **Pongsri Thai**
311 2nd Ave (at 19th St.) $20
212-477-2727

Chelsea **Regional Thai**
208 7th Ave (bet. 21st & 22nd St.) $15
212-807-8872

Chelsea **Royal Siam**
240 8th Ave (bet. 22nd & 23rd St.) $15
212-741-1732

West Village **Galanga**
145 W 4th St. (bet. Macdougal & 6th) $15
212-228-4287

West Village **Lemongrass Grill**
61 E. 13th St (bet. 5th Ave & University Pl.) $22
212-242-0808

East Village **Holy Basil**
145 2nd Ave (bet. 9th & 10th St.) $15
212-420-5557

East Village **Klong**
7 St. Marks Pl (bet. 2nd & 3rd Ave.) $20
212-505-9955

East Village **SEA**
75 2nd Ave (bet. 4th & 5th St.) $15
212-228-5505

East Village **Spice**
60 University Pl (bet. 10th & 11th St.) $15
212-982-3758

Lower Mhn **Kin Khao**
171 Spring St (Thompson & W. Bway) $25
212-966-3939

Lower Mhn **Peep**
177 Prince St (bet. Sullivan & Thompson St.) $25
212-254-7337

Brooklyn **Lily Thai**
615 Grand St (bet. Leonard & Lorimer St.) $10
718-218-7522

Brooklyn **SEA**
114 N 8th St (at Berry St.) $24
718-384-8850

Brooklyn **Tuk Tuk**
204 Smith St (bet. Baltic & Butler St.) $12
718-222-5558

VIETNAMESE

Upper West **Saigon Grill**
520 Amsterdam Ave (at 90th St.) $21
212-875-9072

Upper East **Asia Grill**
1233 2nd Ave (at 65th St.) $20
212 753-9811

Upper East **Boonthai**
1393A 2nd Ave (bet. 72nd & 73rd St.) $12
212-249-6484

Upper East **Vermicelli**
1492 2nd Ave (bet. 77th & 78th St.) $20
212-288-8859

Koreatown **PHO32**
2 W 32nd St (bet 5th Ave & Broadway) $15
212-695-0888

Chelsea **Lannam**
353 3rd Ave (bet. 27th & 28th St.) $15
212-686-5188

Union Sq **O Mai**
58 9th Ave (bet. 19th & 20th St.) $25
212-633-0550

West Village **Saigon Grill**
111 University Pl (bet. 11th & 12th St.) $21
212-982-3031

Lower Mhn **HOIAN**
135 W Broadway (bet. Thomas & Duane St.) $15
212-233-1339

Lower Mhn **Nam**
110 Reade St (Church & W Broadway) $25
212 267-1777

Lower Mhn **Nha Trang**
87 Baxter St (bet. Bayard & Canal St.) $15
212-233-5948

Lower Mhn **Viet Cafe**
345 Greenwich St (bet. Harrison and Jay St.) $25
212-431-5888

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Chelsea
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212-645-8808
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244 W. 48th St. (Bet. 8th Ave. & Broadway)
212-582-3392

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(Corner of 46th St)
tel: 212-956-0639
www.yumyum3.com

OTHER

Upper East — **Ambar**
1408 3rd Ave. (at 80th St.) — $25
212 249-5020

Midtown West — **Blue Chili**
251 W 51st St. (bet. 8th & Broadway) — $20
212 #19-5237

Midtown West — **VYNL**
754 9th Ave (bet 50th and 51th St.) — $25
212 574 7003

Midtown West — **Zen Palate**
663 5th Ave. (at 46th St.) — $25
212 #2-4969

Chelsea — **Planet Thailand 212**
30 W 24th St. (bet. 5th & 6th Ave.) — $25
212-727-7025

Chelsea — **Rica on Lexington Ave**
115 Lexington Ave (at 28th St.) — $15
212 696-5400

Chelsea — **Vela**
55 W 21st St (bet 5th & 6th Ave.) — $20
212 675-6007

West Village — **Cafe Asean**
117 W 10th St (Greenwich & 6th Ave.) — $22
212 633-0348

East Village — **Friendhouse**
53 3rd Ave (bet. 12th & 13th St.) — $15
212-3### 838

East Village — **Lannam**
121 University Pl (at 13th St.) — $20
212 #20 1179

East Village — **MA*YA**
234 E 4th St (bet. Ave A & B) — $20
646-313 1987

East Village — **Shin Kitchen**
135 1st Ave (bet. 9th & St. Marks Pl.) — $25
212 614-1605

Lower Manhattan — **Franklin Station Cafe**
222 W Broadway (bet. Franklin & White St.) — $10
212 274-8525

Lower Manhattan — **Kampuchea Naodle Bar**
79 Baxter St (at Allen St.) — $25
212 523-9301

Lower Manhattan — **Rice**
227 Mott St. (bet. Prince & Spring St.) — $12
212 226-5775

Brooklyn — **Chai Home Kitchen**
124 N. 5th St. (at Berry St.) — $16
718-599-5883

Brooklyn — **Planet Thailand**
133 N. 7th St. (bet. Bedford Ave. & Berry St.) — $24
718-599-5758

Brooklyn — **Rica**
196 DeKalb Ave. (at Cumberland St.) — $15
718-858-2700

New Jersey — **Bistro En**
252 Degraw Ave. Teaneck, NJ 07666 — $25
201-#32-0700

$$ $25 - 40

CHINESE

Upper East — **Cafe Evergreen**
1289 1st Ave (bet 69th & 70th St.) — $30
212 744-3256

Upper East — **Dui Place Cuisines**
1444 3rd Ave (bet. 81st & 82nd St.) — $32
212-2##-4###

Upper East — **Pig Heaven**
1540 2nd Ave. (bet. 80th & 81st St.) — $32
212-744-4333

Upper East — **Shanghai Pavilion**
1378 3rd Ave. (bet. 79th & 79th St.) — $37
212 585-3399

Upper East — **Wu Liang Ya**
215 E 59th St (bet 2nd & 3rd Ave.) — $29
212-838-#899

Midtown East — **Dui Place Shanghai**
141 E. 55th St. (bet. Lexington & 3rd Ave.) — $30
212-753-3900

Midtown — **Peking Duck House**

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236 E 53rd St. (bet 2nd & 3rd Ave.) — $33
212-#59-#2#0

Midtown East — **Tse Yang Restaurant**
34 E. 51st St (bet. Park & Madison Ave.) — $40
212-#38-5447

Chelsea — **Bright Food Shop**
216-218 8th Ave. (at 21St St.) — $20
212 243-4433

West Village — **Chow Bar**
230 W. 4th St. (W. 10 & Christopher St.) — $38
212-633-2212

KOREAN

Midtown East — **Korea Palace**
127 E. 54th St. (bet. Park & Lexington Ave.) — $35
212-832-2350

Korea Town — **Kong Suh**
1250 Broadway (at 32nd St.) — $30
212-564-#945

West Village — **Oo Hwa**
56 Commerce St. (at Bedford St.) — $39
212-414-1224

THAI

Upper West Side — **Land**
450 Amsterdam Ave (bet 81st & 82nd St.) — $30
212-501 8121

Midtown West — **Chai Home Kitchen**
990 8th Ave — $30
212 707 #778

Chelsea — **Jaya Thai**
396 3rd Ave. (bet. 28th & 29th St.) — $28
212-889-1330

VIETNAMESE

Midtown East — **Bai**
246 E 44th St (bet 2nd & 3rd Ave.) — $40
212-681 6541

Chelsea — **Bao Noodles**
381 2nd Ave. (bet. 22nd & 23 rd St.) — $36
212-725-7770

Lower Manhattan — **Mai House**
186 Franklin St. (Greenwich and Hudson) — $35
212-431-0606

OTHER

Upper West Side — **Hispaniola**
933 W. 181st St (at Cabrini Blvd.) — $39
212-740-5222

Upper West Side — **Penang**
240 Columbus Ave (bet 71st & 72nd St.) — $30
212-#69-3958

Upper West Side — **Rain**
100 W82nd St (Amsterdam & Columbus) — $40
212-501-077#

Upper East Side — **Gobo**
1426 3rd Ave (at 81st St.) — $31
212-#88-5959

Midtown West — **Rue 57**
60 W 57th St. (at 5th Ave.) — $40
212-307-5959

West Village — **Gaba**
401 5th Ave (bet. 9th & Waverly St.) — $31
212-255-3242

East Village — **Lucky Changs**
24 1st Ave (bet. 1st & 2nd St.) — $40
212-473-0516

East Village — **O.G.**
507 E 5th St (bet. Ave A & B) — $30
212-477-4649

Lower Manhattan — **CHUBO**
6 Clinton St. (bet E. Houston & Stanton St.) — $40
212-674-8300

New Jersey — **AOZORA Restaurant**
407 Bloomfield Ave. Montclair NJ 07042 — $30
973-233-3400

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CHINESE

Upper West Side — **Shun Lee West**
43 W65 St (Columbus & Central Pk W.) — $52
212-595-8895

Upper East Side — **Philippa**
33 E. 60th St. (bet. Madison & Park Ave.) — $60
212-644-8585

Midtown West — **China Grill**
CKS building 60 W 53rd St (at 6th Ave.) — $65
212 333-7788

Midtown West — **Ruby Foo's Times Sq.**
1626 Broadway (bet. 49th & 50th St.) — $41
212-#89-5600

Midtown East — **Chiam Chinese Cuisine**
160 E 48th St. (bet. Lexington & 3rd Ave.) — $44
212-371-2323

Midtown East — **Chin Chin**
216 E 43th St. (bet. 2nd & 3rd Ave.) — $46
212-#83-4555

Midtown East — **Shun Lee Palace**
155 E 55th St. (bet. Lexington & 3rd Ave.) — $52
212-371-8844

Lower Manhattan — **Mr Chow Tribeca**
121 Hudson St. (at N. Moore St.) — $60
212-965-9500

KOREAN

Lower Manhattan — **Woo Lae Oak**
148 Mercer St. (bet. E. Houston & Prince St.) — $50
212-925-#200

THAI

Lower Manhattan — **Kittichai**
60 Thompson St. (bet. Broome & Spring) — $56
212-219-2000

VIETNAMESE

Midtown East — **Le Colonial**
149 E. 57th St. (bet. Lexington & 3rd Ave.) — $50
212 752-0909

OTHER

Upper West Side — **Ruby's Foo's Uptown**
2182 Broadway (bet. 77th & 79th St.) — $41
212-724-6700

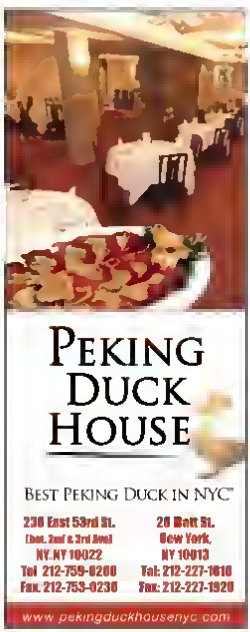
Midtown East — **Aja Asian Bistro**
1008 1st Ave (bet. 58th & 59th St.) — $43
212-888-9008

Midtown East — **Asia De Cube**
237 Madison Ave. (bet. 37th & 38th St.) — $50
212-726-7755

$$$$ $66 or more

CHINESE

Midtown East — **MR K's**
570 Lexington Ave (at 51st St.) — $75
212-583-1668



Cook Japanese Dishes at home

–Much easier than you think

Vinegar - The Oldest and most Versatile Seasoning

Vinegar is said to be the oldest seasoning human beings ever made and is known for giving sourness to food while refreshing. The process of making vinegar involes first making alcohol from grains and fruits, and then fermenting it into vinegar. Therefore, ingredients for making alcohol can also be used to make vinegar.

Japanese Vinegar

In Japan, grain vinegar and rice vinegar, which both have rice as the main ingredient, are common. Rice vinegar includes 40g of rice to 1lg of vinegar. Grain vinegar includes 40g of grains such as rice, wheat, beans, and corn to 1lg of vinegar.

Japanese rice vinegar (simply known as Su) is colorless to pale yellow in appearance and has a mild (about 4% alcohol) and sweet taste as compared to distilled Western vinegars that tend to be more acidic. Two basic types are fermented rice vinegar and seasoned rice vinegar (w/ added sake, salt and sugar). The latter is often used for sushi rice preparation and common among popular salad dressings like ginger and sesame.

Recent trend : Vinegar and Health

Vinegar is good for your health, improving circulation of blood and keeping blood pressure low, as well as sterilizing things. It improves your metabolism, rallies weakness and prevents obesity. The consumption of one tablespoon per day is ideal. Below you will find great, easy, healthy drink and side dish recipes.

Go Shopping! Find your vinegar

Entering Mitsuwa Supermarket in Jersey can be both thrilling and daunting for its huge appetizers or even light meals. Try a delicate combination of vinegar and soy sauce to make a dipping variety in ingredients for Japanese food preparation, and, the fact that most labels are marked in Japanese at first glance. If you want to stock your kitchen with the basics, start at the essential condiments aisle. Here you will find soy sauce, mirin, cooking sake and rice vinegar. Vinegar can be added to a number of dishes for an added punch. Dishes made with rice vinegar– suomono – are perfectly refreshing during summer months. The majority of rice vinegar used today is actually a blend of wheat, corn and rice vinegars. Popular brands include Mitsukan, Marukan and Otafuku and range in price from $2.29 to $5.99 for a 10-12 oz bottle. If you're looking for pure rice vinegar ask for junmai komezu. Prices vary.

photos by Takuya Sakamoto

Cooking Advisor
Reiko Yamada

A celebrity-cooking teacher in Tokyo, Reiko Yamada brings a special creativity to her sophisticated cuisine. Her warm personality and wealth of cooking knowledge keep her classes highly sought after. An advisor to health institutions and food service providers, Ms. Yamada also develops menus for some of Tokyo's leading restaurants.
Reiko-cooking@nifty.com reiko-cooking@nzweb.ne.jp

Banana Sour & Mango Sour drinks

INGREDIENTS

For Banana (82 kcal)

❑ Banana	¼ lb
❑ Vinegar	1 cup
❑ Brown sugar	¼ lb

For Mango (78 kcal)

❑ Mango	¼ lb
❑ Apple vinegar	1 cup
❑ Granulated sugar	¼ lb

INSTRUCTIONS

1. Cut the fruit.
2. Put the fruit, sugar and vinegar into a container.
3. Put the container in a dark cool place for an hour.
4. After confirming that the sugar has melted, thin it out by mixing it with water or a carbonated drink.

*The fruits used can be any type you like. In Japan, black vinegar is a popular choice. The proportion of fruit:sugar:vinegar is 1:1:2.

Non-oil Japanese Pickles (56 kcal)

INGREDIENTS

❑ Vinegar	1/4 cup	❑ Cucumber	1
❑ Water	1 cup	❑ Japanese radish	3.5oz
❑ Salt	2 teaspoons	❑ Carrot	1 Boz
❑ Red pepper	1	❑ Ginger	3 thin slices
❑ Onion	1 Boz. Cut them into bite size pieces		

INSTRUCTIONS

1. Mix all of the seasonings.
2. Cut the vegetables, add ginger and red pepper, then pickle them with the seasonings.
3. Pickle them for four hours or longer, maybe overnight.

photos by Naoko Nagai

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Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and drink.

GROCERY

JAS Mart 1
2947 Broadway (bet. 110th & 111th St.) — 212-666-4780 — Japanese

M2M B'way & 114th
2935 Broadway (bet. 114th & 115th St.) — 212-280-4600 — Japanese

47St Japanese Deli

Japanese style convenience store open in Midtown. A variety of Japanese beverages, food and spices are available. Also serve rice ball, udon and soba. Limited area seating, outdoor terrace. Open 10am-8pm (M-F), 11am-6pm (Sat), closed (Sun)

143 E 47th St. (bet. Lexington & 3rd Ave.) — 212-813-0675 — Japanese Grocery

Katagiri & Co., Inc.
224 E. 59th St. (bet. 2nd & 3rd Ave.) — 212-755-3500 — Japanese

Yaguna
24 E. 41st St. (bet. 5th & Madison Ave.) — 212-679-3777 — Japanese

Han Ah Reum
25 W 32nd St. (bet. Broadway & 5th Ave) — 212-695-3283 — Korean

Woorijip
12 W. 32nd St. (bet. 5th Ave. & Broadway) — 212-244-1115 — Korean

CHEZ NOAH

Japanese grocery store. CHEZ NOAH is now open in the quiet neighborhood of West Village! Display space for Japanese knives and tableware. Eat-in. Care to relax after shopping.

600 Washington St. (bet. Morton & Lerroy) — 212-675-4244 — Japanese Grocery

JAS Mart 2
35 St. Marks Pl. (bet. 2nd & 3rd Ave.) — 212-420-6370 — Japanese

JAS Mart 3
34 E. 23rd St. (bet. 5th Ave. & Broadway) — 212-687-8892 — Japanese

M2M E. Village
200 E. 11th St. (at 3rd Ave.) — 212-353-2500 — Japanese

Sunrise Mart
4 Stuyvesant St. 2nd Fl. (3rd Ave. & 9th St.) — 212-598-3040 — Japanese

Pearl River Mart
477 Broadway (Grand St. & Broom St.) — 800-878-2448 — Chinese

Sunrise Mart, SoHo
494 Broome St. (W. Broadway & Wooster) — 212-219-0033 — Japanese

Tonjin Mart
31 Mulberry St. (bet. Canal & Bayard St.) — 212-962-6622 — Japanese

Tonjin Mart
6815 Fort Hamilton Pkwy (at 68th & 69th St.) — 718-238-0373 — Japanese

Family Market
29-15 Broadway (bet. 29th & 30th St.) — 718-956-7925 — Japanese

Sakura-ya
73-05 Austin St. (bet. Ascan Ave. & 73rd Rd.) — 718-268-7220 — Japanese

Asian Market
31 Colvin Ave. Albany, NY 12206 — 518-458-8166 — Chinese

OAIDO
522 Mamaroneck Ave. White Plains, NY — 914-683-6735 — Japanese

OS Seafood
14-16 North Central Ave. Hartsdale, NY 10530 — 914-946-8065 — Japanese

Fuji Mart Corp. Scarsdale
616 White Plains Rd. Scarsdale, NY 10583 — 914-472-1668 — Japanese

Kam Sen Foods, LLC
22 Barker Ave. White Plains, NY 10601 — 914-428-4500 — Japanese

Mandi-Ya
16 North Central Ave. Hartsdale, NY 10530 — 914-949-2178 — Japanese

Oishinbo
283 Halstead Ave. Harrison, NY 10528 — 914-835-4390 — Japanese

Nara Japanese Foods
169A Main St. Port Washington, NY 11050 — 516-883-1836 — Japanese

Shin Nippon Do
53 Manola Ave. Port Washington, NY 11577 — 516-625-1614 — Japanese

Toyo Foods
525 Port Washington Blvd. Port Wash., NY — 516-944-6464 — Japanese

OAIDO
1345 18th St. Fort Lee, NJ 07024 — 201-944-0020 — Japanese

Family Market NJ
10 Franklin Tpk. Waldwick, NJ 07463 — 201-444-5133 — Japanese

Han Ah Reum
86 Lincoln Hwy. Rahway, NJ 07065 — 732-382-5628 — Korean

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595 River Road, NJ 07020 — 201-941-9113 — www.mitsuwa.com — Japanese Grocery

Ridgewood Fisheries
30 Prospect St. Ridgewood, NJ 07450 — 201-670-0382 — Japanese

Fuji Mart Corp. CT
1212 E. Putnum Ave. Old Greenwich, CT — 203-698-2107 — Japanese

J-Mart
15 Orange St. New Haven, CT 06510 — 203-782-1234 — Korean

Cherry Mart
340 Newbury St. Boston, MA 02115 — 617-437-1939 — Japanese

Kotohukiya
1815 Massachusetts Ave. Cambridge, MA — 617-354-6814 — Japanese

Yoshinoya
36 Prospect St. Cambridge, MA 02139 — 617-491-6221 — Japanese

SAKE

Gotham Wines & Liquors
2575 Broadway (bet. 93rd & 94th St.) — 212-662-0880 — Sake

Nancy's Wine
313 Columbus Ave. (bet. 74th & 75th St.) — 212-877-4040 — Sake

Garnet Wine
929 Lexington Ave. (bet. 68th & 69th St.) — 212-772-3211 — Sake

Mister Wright
1583 3rd Ave. (bet. 89th & 90th St.) — 212-722-4564 — Sake

Ambassador Wine
1020 2nd Ave. (at 54th St.) — 212-421-5678 — Sake

Landmark wine
167 W. 23rd St. (6th & 7th Ave.) — 212-242-2323 — Sake, Shochu

Union SQ Wine
140 5th Ave. (at 19th St.) — 212-675-8100 — Sake, Shochu

LEDU WINES
900 Washington St. (at Lenry St.) — 212-924-8999 — Sake

Astor Wine
399 Lafayette St. (at 4th St.) — 212-674-7521 — Sake

MJK Liquor
161 3rd Ave. (bet. 15th & 16th St.) — 212-475-9166 — Sake

Warehouse Wines
735 Broadway (at W. 8th St.) — 212-982-7770 — Sake

Granyette Wine
151 Grand St. (bet. Crosby & Lafayette St.) — 212-925-1235 — Sake

New York Wine EX.
6 Broadway (bet. Morris & Battery Pl.) — 212-422-2222 — Shochu

September Wines L.I.E.S.
100 Stanton St. (at Ludlow St.) — 212-388-0770 — Sake

Heights Chateau
123 Atlantic Ave. Brooklyn, NY 11201 — 718-330-0963 — Sake

Smith and Vine
206 Smith St. (bet. Douglass & Degraw) — 718-243-2654 — Sake

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12 N. Central Ave. Hartsdale, NY 10530 — 914-949-5900 — Sake/Shochu

Delite Super Market
420 Washington St. Hoboken, NJ 07030 — Sake

A KARATE KICK TO THE EGO

By Dave Lipp

The last time I took a karate class, I was 14 years old. I wasn't taking it to learn how to fight as much as my mom wanted to help me get rid of all that extra energy that was driving her nuts. What I remember from that year in Karate was doing a lot of kata's (a series of choreographed punches and kicks to help perfect your fighting technique) rather than putting any of it to use. In other words, no sparring. Stepping into the Matsumoto Dojo at World Oyama Karate, I received a hearty handshake from Sensei Daisuke Matsumoto, a 4th degree black belt, who trained directly under Soshu Shigeru Oyama, creator of World Oyama karate, a classic full-contact style of karate. While showing me around, everyone who passed or talked to him said "OSU," an important word he explained that meant respect, patience, and appreciation. After putting on a karate uniform, I went into the karate studio with the other students ranging from white belt (beginner) to black belt (master). Everyone lined up facing a mirror, and the dojo master had us do various stretches to warm up, then kata's which I followed as best I could. The one thing I began to realize after awhile was that the movements and stretches we were doing were very much like yoga, with techniques that focus on the control of body, mind, and breath to get the most out of the poses and stretches.

What was different about this style of karate as opposed to the one I took when I was a boy was that in this class, we paired up with another student and began practicing our kicks. At this point I was given sparring gloves and shin guards. We started by practicing sidekicks and blocking. First, you kick, then block, then push the leg to the side, all in a fluid movement. After the stretching, kata's and practicing on one another, the natural progression led up to sparring. Oh yes, after working up all that testosterone, we paired up again. I began to try to put some of the punches and kicks I learned to good use as my first opponent helped me focus on where to hit him. After a minute or two, everyone had to pair up with another student. This opponent was not as kind, hitting and kicking me very hard. But that's what real fighting is about, which is why I enjoyed this karate class. I got everything I wanted out of it, stretching, learning several fighting techniques, and then putting them to use. Something that I never got to do when I was a brief Karate student. Not that one style is better than the other, but having dojo masters who incorporate all of this into one-class makes for an excellent way to not just learn how to defend yourself, but it's a fantastic all-around workout for the body and mind.

World Oyama Karate Metsumoto Dojo
35 W. 31st St., 6th Fl. (bet 5th Ave. & B'way) NYC
Tel: 212-629-7709 www.oyamakaratenyc.org
E-mail: info@oyamakaratenyc.org

Other schools* where you can learn Kerate:

Kyokushin Kerete
284 Fifth Ave. (at 30th St.), NYC
TEL: 212-947-3334 www.kyokushinkarate.com
E-mail: info@kyokushinkarate.com

*See page 22 for more listings

School Guide

LANGUAGE

Midtown East — Amity Language Institute — Japanese
124 E 40th St #203 (bet Park & Lex. Aves) — 212-697-6374

Midtown East — Japan Society — Japanese
333 E 47th St (bet 1st & 2nd Aves) — 212-832-1155

Midtown East — Language House — Japanese
545 5th Ave. # 310 (at 45th St) — 212 949-5455

Chelsea — ABC Language Exchange — Japanese
135 W 29th St # 1204 (bet 6th & 7th Aves) — 212 563-7580

Chelsea — Tenri — Japanese
43A W 13th St (bet. 5th & 6th Aves) — 212 645-2800

TRADITIONAL

Upper West — Ikenobo Society NYC — Ikebana
30 W 60th St 6K (Columbus & Broadway) — 212 757-6748

Upper West — Sogetsu Ikebana School — Ikebana
201 W 70th St (at Amsterdam Ave) — 212-873-0115

Upper East — Earthworks Pottery — Pottery
1705 1st Ave (at 88th St.) — 212 628-6945

Upper East — Urasenke Chanoyu Ctr — Sado
153 E 69th St (bet 3rd & Lexington Ave) — 212-628-6161

Midtown West — New York Togei School — Pottery
5 W 30th St 3rd Fl (bet 5th & Broadway) — 212 289-1711

Midtown West — The Nippon Club — Sado
145 W 57th St (bet 6th & 7th Ave) — 212 581-2223

Lower Mhn — Ikebana Howara NY — Ikebana
173 Lafayette St #207 (Broome & Grand St) — 212 925-9769

Lower Mhn — Kampo Cultural Center — Calligraphy
31 Bond St (bet Lafayette St & Bowery) — 212-226-3063

Chelsea — Ohashi Institute

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147 W 25th St (bet 6th & 7th Ave) 800-810-4190 www.ohashiatsu.org — Shiatsu

Queens — K-sui Shodo

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Japan — Ikebana International
info@ikebanany.org 212 724-7057 — Ikebana

Japan — Ohara School of Ikebana
oharanyc@aol.com 646-314-3557 — Ikebana

MARTIAL ARTS

Upper West — Kokushi Budo Institute — Karate
332 R vers de Dr (bet 105th & 106th St) 212-866-6777

Upper West — NY Yoshinkan Aikido — Aikido
2726 B oadway 3rd Fl (bet 104th & 105th St) 347 539-0422

Upper West — Shorinryu Matsubayashi — Karate
131 W72 St 2fl (bet Amsterdam & Columbus) 212-875-9426

Upper West — Shotokan Karate-Do NY — Karate
2121 Broadway 4th FL (at 74th St.) 212-799-5500

Upper West — UWS Kanshikai Karate — Karate
2744 Broadway 2nd Fl (bet 105th & 106th St) 917 251-0997

Upper East — Ultimate Karate USA — Karate
1850 3rd Ave 3rd Fl (at 107th St.) 212-426-4666

Upper East — WTKO Honbu Dojo — Karate
209 E 63rd St (bet 2nd & 3rd Ave) 212-207-1907

Midtown West — Aikido of Manhattan — Aikido
80 W 39th St 3rd Fl (at 6th & 5th Ave) 212-575-0151

Midtown West — KYOKUSHIN KAKATE — Karate
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284 F fth Ave (at 30th St) 212 947 3334 www kyokushinkarate com — Karate

Midtown West — New York SATO DOJO — Karate
257 W 39th St 14Fl (bet 7th & 8th Ave) 646-235-0233

Midtown West — Shinjinbukan New York — Karate
250 W 57th St, #526 (Broadway & 8th Ave) 917-400-8183

Midtown East — Kanshikaikan Karate — Karate
YMCA 224 E 47 St (bet. 2nd & 3rd Ave) 212-756-9600

Midtown East — N Y Shorin Ryu Karate — Karate
37 W 26th St #6 (bet. Broadway & 5th Ave) 212-430-9600

Chelsea — Bond Street Dojo — Aikido
214 W 29th St. 3rd Fl (bet 7th & 8th Ave) 212-477-0899

Chelsea — Eizanryu Jujitsu Biwako — Judo
214 W 29th St 3rd Fl (bet 7th & 8th Ave) 212-290-0827

Chelsea — New York Aikikai — Aikido
142 W 18th St 2nd Fl (bet 6th & 7th Ave) 212-242-6246

Chelsea — ShorinjiKempo NYC — Karate
151 W 25 St 6Fl (bet. 6th & 7th Ave) 917-721-9723

Chelsea — Tiger Schulmann's — Mix
39 W 19th St. (bet 5th Ave. & Broadway) 212-727-0773

Chelsea — U S-Buda Kai-Kan — Karate
110 W 14th St. 2 Fl (bet. 6th & 7th Ave) 212-807-7330

Korea Town — World Oyama Karate

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Chelsea — World Seido Karate — Karate
11 W 23rd St 2nd Fl (bet 5th & 6th Ave) 212-924-0511

West Village — Shin-Budokai Honbu — Aikido
77 6th Ave Lower Level (at 14th St) 212-691-1370

East Village — Karate Honma Dojo — Karate
54 E 4th St (bet 2nd Ave & Bowery) 914-819-3696

East Village — World Kanreikai Karate — Karate
4 W 19th St 3rd Fl (at 19th St.) 212-677 7226

Brooklyn — Aikido of Park Slope — Aikido
565 5th Ave. (at 15th St) 718-788-5632

Brooklyn — Japan Karate Assoc — Karate
565 Fifth Avenue (at 16th Street) 718-788-8345

Brooklyn — Jikishinkan Aikido Dojo — Aikido
211 Smith St. (bet Baltic & Butler St.) 718-488-9511

Queens — Aikido Club of Queens — Aikido
220-28 Hillside Ave (at Rogerdale Pl) 718-468-4610

Queens — Queens Judo Center — Judo
108-15 Metropolitan Ave (bet 72nd & 72Dr) 718-263-5836

OTHER

Midtown West — The Nippon Club — Dance
145 W 57th St (bet 6th & 7th Ave) 212 581 2223

Queens — The Arts Cure Center — Dance
33-24 Northern Blvd (bet 33rd & 34th St) 718-729-3568

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35 West 31st Street 6Fl New York NY 10001 (Between 5 Ave & Broadway)
tel 212-629-7709 email info@oyamakaratenyc.org

Shop Guide

The following is a list of shops where you can buy Japanese goods and/or services.

APPAREL

Upper East — R by 45rpm — Clothing
17 E 71st St. (bet Madison Ave and 5th Ave) 212-737-4545

Artfit NY — Clothing

Artfit is a Japanese alteration specialist in the heart of Manhattan. Our staffs are designers, tailors and pattern makers with over 20 years of experience. We also carry a wide selection of baby and kid's clothes with high quality products from Japan.
21 W. 58th St. Suite 1E (5th & 6th Ave) 212-207-9095 www.artfitny.com

Midtown East — BLOOM New York — Jewelry

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361 Madison Ave. (bet. 45th & 46th St.) 212-370-0061

Midtown East — Ripplu — Lingerie Shop

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575 5th Ave., 2nd Fl (at 47th St.) 212-599-2223 www.ripplu.com

Midtown East — Royal Chic — Clothing
505 Madison Ave. (at 58th St.) 212-588-0555

East Village — ARGASY — Clothing
428 E 9th St (bet 1st Ave & Ave A) 212-982-7818

East Village — BOBBY 2000 — Clothing
104 E 7th St (1st Ave & Ave A) 212-674-7646

East Village — Local Clothing — Clothing
328 E 9th St. (bet. 1st & 2nd Ave.) 212-777-3850

East Village — Tokio 7 — Clothing
64 E 7th St (bet 1st and 2nd Ave.) 212-353-0433

East Village — Tokyo Joe — Clothing
334 E 11th St. (bet. 1st and 2nd Ave.) 212-473-0724

Lower Mhn — Junko Yoshioka — Clothing
154 Spring St, 2 Fl (W Bway & Wooster St.) 212-206-9302

Lower Mhn — Kazuyo Nakano NY — Accessories
117 Crosby St. (bet Houston and Prince St.) 212-941-7033

Lower Mhn — Mieko Mintz — Clothing
86 Thompson St. (bet. Spring & Broom St.) 212-677-1524

Lower Mhn — Mike Inatome — Clothing
33 Reade St. 2Fl (bet W Bway and Church) 212-968-7777

Lower Mhn — R by 45rpm — Clothing
169 Mercer St. (at Houston St.) 917-237-0045

Lower Mhn — tutu — Clothing
95 Spring St (bet Lafayette & Mulberry) 212 219-9548

Lower Mhn — UNIQLO — Clothing
546 Broadway(bet. Prince & Spring St.) 917-237-1100

Lower Mhn — Yemak — Clothing
321 1/2 Bleecker St (Christopher & Grove) 212-807-1100

Lower Mhn — Yohji Yamamoto — Clothing
103 Grand St. (at Mercer St.) 212-966-9066

J-POP CULTURE

Upper West — Kim's Video Columbia U — Anime
2909 Broadway (bet. 113rd & 114th St.) 212-864-5321

Midtown West — Jim Henley's Universe — Manga
4 W. 33rd St. (at 5th Ave) 212 286-7080

Midtown West — Kinokuniya Bookstores — Manga
10 W. 49th St. (bet. 5th & 6th Ave) 212-765-7766

Midtown West — Midtown Comics — Anime
200 W. 40th St. (at 7th Ave.) 212-302-8192

[illegible] — Book Off — Book Store

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14 E. 41st St. (bet Madison & 5th Ave.) 212-685-1410

Midtown East — Midtown Comics — Anime
459 Lexington Ave. (at 45th St.) 212-302-8132

Chelsea — Cosmic Comics — Manga
10 E. 23rd St. 2dn Fl (at Madison Ave.) 212-460-5922

Chelsea — Image Anime — Anime
103 W. 30th St. (bet. 6th & 7th Ave) 212-631-0906

East Village — Forbidden Planet — Toy
840 Broadway (at 13th St.) 212 473-1576

East Village — Kim's Video St. Marks — Anime
6 St. Marks St. (bet. 2nd & 3rd Ave.) 212 505-0311

East Village — St Marks Comics — Manga
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) 212-598-9439

East Village — Toy Tokyo — Toy
121 2nd Ave. 2nd Fl (bet. 7th & St. Marks Pl.) 212-473-5424

East Village — Video Games New York — Toy
202 E. 6th St. (at 3rd Ave.) 212-539-1009

Lower Mhn — kid robot — Toy
126 Prince St. (bet Greene and Wooster) 212-966-6688

Upstate — Book Off — Book
1-15 N Central Ave. Hartsdale, NY 10530 914-683-5440

Upstate — Kinokuniya Bookstores — Book
3360 Palisades Center Dr. West Nyack, NY 845-353-6900

California — Digital Manga Inc — Manga
1407 West 178th Street, Gardena, CA 90248 310-817-6010

TRADITIONAL

Midtown East — Minamoto — Confectionery
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410 Park Ave (bet 54th & 55th St) | Towel
212-231-8126 http://wuhaonyc.com

Chelsea **KYOTOYA**
23 W 19th St (bet 5th & Broadway) | Dishware
212-414-0720

West Village **Machizukuri WAJIMA**
551 Laguardia Pl (bet Bleecker & W 3rd St) | Dishware
212-982-8450

Lower Mhn **KITEYA SOHO**
464 Broome St (bet Mercer & Greene St) | Confectionery
212-219-7505

Lower Mhn **Korin**
57 Warren St (bet Church St and W Broadway) | Dishware
212-587-7021

Lower Mhn **Seasons**
115 Crosby St (bet Hudson & Prince St) | Furniture
212-226-0767

Brooklyn **KIVIYA**
42 Mauger St, Brooklyn, NY 11206 | Dishware
718-216-8181

Brooklyn **Sora Arts**
143 Greene Ave 2nd Fl Brooklyn, NY | Towel
917-690-4172

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845-358-0195 www.usuwa.com

New Jersey **Utsuwa-No-Yokata**
585 River Rd Edgewater, NJ 07020 | Dishware
201-941-1902

GALLERY

Chelsea **Gallery memoria**
521 W 21th St (bet 10th & 11th Ave.) | Gallery
212-645-2033

Chelsea **NYCeo Gallery**
20 W 22nd St (bet Broadway & 5th Ave) | Gallery
212-390-1140

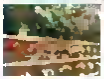
West Village **Art Zen Gallery**
238 West 10th St (Hudson and Bleeckerss St.) | Gallery
646-416-3222

Lower Mhn **Asian American Arts Ctr**
26 Bowery 3rd Fl (bet Bayard & Pell St) | Gallery
212-233-2154

Lower Mhn **Gallery gen Tribeca**
156 Franklin St (bet Hudson & Varick St) | Gallery
212-226-717

Lower Mhn **Zakka Corp**
147 Grand St (bet. Cresby and Lafayette St.) | Gallery
212-431-9964

OTHER

Midtown East **Terry May**

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Upper East **Giovanni-Socchi**
1364 Lexington Ave (bet 90th & 91st St) | F $50- M $30-
212-860-5557

Upper East **Michi**
208 E 60th St (bet 2nd & 3rd Ave) | F $60- M $50-
212-752-4228

Upper East **Tomoko Shima HenSolon**
171 E 82nd St (bet 3rd & Lexington Ave) | F $60- M $55-
212-722-4128

Midtown West **Hisoko Salon**
8 W 48th St 2nd Fl (bet 5th & 6th Ave) | F $48- M $40
212-764-7040

Midtown West **Mingle New York**
10 W 56th St 2nd Fl (bet 5th & 6th Ave) | F $70- M $70-
212-459-3320

Midtown West **Mizu**
57 W 57st St #1204 (at 6th Ave.) | F $125 M $95
212-757 5360

Midtown West **VIJIN**
10 Rockfeller Plaza Concourse Level | F $50- M $52-
212-397-8222

Midtown East **Hon Mates Midtown**
114 E 40th St (bet. Park & Lexington Ave) | F $50 M $50
212-986-2030

Midtown East **Izumi Salon**
22 E 49th St 2nd Fl (Madison & 5th Ave) | F $35- M $43-
212-581-0469

Midtown East **Kiara**
515 Madison Ave (at 53rd St) | F $48- M $37-
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Midtown East **Momotaro**

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212-759-2332 www.momotaro.us

Midtown East **Monish**
231 E 53rd St (bet 2nd & 3rd Ave) | F $45- M $35-
212-755-2523

Midtown East **rh+NY Hon Solon**
805 3rd Ave 2nd Fl (bet 49th & 50th St) | F $70 M $50
212-644-8068

Midtown East **Salon Shin**
141 E 47th St (bet 3rd & Lexington Ave) | F $90- M $45-
212-753-0330

Midtown East **Shige Kosudo**
141 E 55th St (bet 3rd & Lexington Ave) | F $70- M $50-
212-759-2397

Chelsea **Hisako Salon**
183 7th Ave (bet. 20th & 21St) | F $48- M $40-
212-989-2233

Chelsea **Hoshi Coupe I**
259 W 13th St (bet 7th & 8th Ave) | F $50 M $50
212-255-0770

Chelsea **KIWA Salon**
234 W 27th St (bet 7th & 8th Ave) | F $55 M $55
212-620-9448

Gramercy **Hoyato New York**
125 E 23rd St 2nd Fl (Park & Lex Ave) | F $90- M $60-
212-673-7373

West Village **SEI-TOMOKO**
142 W4 St (Washington Sq Pk & 6th Ave) | F $35 M $35
212-477-5475

East Village **AK Salon**
96 St. Marks Pl (bet Ave A & 1st Ave) | F $80 M $50
212-260-8703

East Village **Hon Mates Downtown**
13 3rd Ave (bet 7th & St. Marks Pl) | M $35 M $35
212-777-4612

East Village **Hoshi Coupe II**
214 E 5th St (bet 2nd & 3rd Ave) | F $40 M $40
212-505-0313

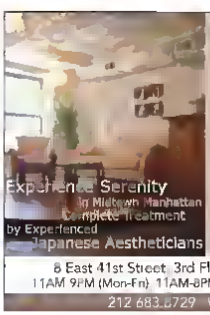
East Village **K2 Salon**
218 E 10th St (bet. 1st & 2nd Ave) | F $60- M $50-
212-260-5157

East Village **Lotus Salon**
240 E 4th St (bet Ave A & B) | F $60 M $50
212-475-2749

East Village **Powder Room**
319 E 5th St (bet 1st & 2nd Ave) | F $60 M $50
212-677 2020

East Village **Scene Salon**
233 E 4th St (bet Ave A & B) | F $40 M $50
212-673-F209

East Village **SEI-TOMOKO**
240 E 13th St (bet 2nd & 3rd Ave) | F $35 M $35
212-533-5913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34 Howard St 2nd Fl (bet B way & Lafayette)
212-625-1988 OPEN 11AM-10PM

Health Guide

SHIATSU

Midtown West — Salon de Tokyo
200 W 57th St #1308 (at 7th Ave.) | 212-757-2187 | $70 /60min

Midtown West — Esprit Wellness
2 W 45th St #1708 (bet. 5th &6th Ave.) | 212-354-5570 | $90 /15min

Midtown East — Kenkodo Inc
333 E 43th St. Lby-D (bet 1st & 2nd Ave.) | 212-370-0039 | $40 /30min

Midtown East — IDD HOLISTIC CENTER

Do Holistic Center offers shiatsu massage – traditional Japanese acupressure massage that will relieve you of physical pain and stress. 20 min dry sauna and foot massage included with a shiatsu massage. Two-for-one weekend special (sauna & shiatsu) $105

5 E 45th St. 8th Fl (bet. Madison & 5th Ave.) | 212-599-5300 www.thecenter.com | $70 /60min

Midtown East — Ease Salon
58 E42 St. #1408 (bet. Mad son & Vanderbilt) | 212-661-5151 | $40 /25min

Midtown East — Oo-in Center
211 E 43 d St. #1605 (bet. 2nd & 3rd Ave.) | 212-687-3114 | $120/h

Chelsea — Ohashi Institute
147 W 25th St. 11th Fl. (bet. 6th & 7th Ave.) | 800-910-4190 | $85 /60min

East Village — Kessy
229 E 9th St. 2nd Fl (bet. 2nd & 3rd Ave.) | 212-253-6171 | $45 /60min

Lower Mhn — Kenkodo Inc
23 Fell St. 2nd Fl (bet. Mott & Bowery St.) | 212-608-2212 | $40 /60min

Lower Mhn — Howard Beauty

Huwa d Beauty Salon offers a total beauty care from head to toe. Facial includes steam, hand massage, pore treatment and moisture pack. Foot massage chairs are equipped with TV. Private rooms available

34 Howard St 2nd Fl (bet. B way & Lafayette) | 212-625-1988 | $35 /60min

ACUPUNCTURE

Upper West — Dr Hang
4167 Broadway (bet. 176th & 177th St.) | 646-239-3322 | $55/ visit

Upper East — Herbal Fairy Spa
225 E 64th St #4 (bet. 2nd & 3rd Ave.) | 212-288-3788 | $80 /60min

Midtown West — Yamaguchi Acupuncture
161 W 54th St #21 (bet. 6t & 7th Ave.) | 212-246-7540 | $140 /v s t

Midtown West — Oriental Health Spa
850 7th Ave #30F (bet. 54th & 55th St.) | 212-245-3186 | $70 /60min

Midtown West — NY Acupuncture & Herb
250 W 57th St. #1330 (at Broadway) | 212-262-9895 | 200 /visit

Midtown West — Nihon Medical Group
15 W 44th St 10th Fl (bet. 5th & 6th Ave.) | 212-575-8810 | $80-

Midtown West — Eileen Chan
119 W 57th St. Suite 511 (6th & 7th Ave.) | 212-974-2880 | $100/h

Midtown East — David L. Zang
14 E 34th St. 5th Fl (bet. 5th & Mad son Ave.) | 212-683-1773 | $80 /50min

Midtown East — Amy Nature Center
137 E 47th St. (bet. 3rd & Lexington Ave.) | 212-317-2720 | $80

Midtown East — Acumed Center
150 E 58th St. #1C (bet. 3rd & Lexington Ave.) | 212-888-8877 | $70 /60min

Midtown East — 41st Street Medical
15 E 41st St.(bet 5th & Mad son Ave.) | 212-683-0041 | $90/ 120min

East Village — SuHu Natural Health
1 Union Sq W,#716 (at E 14th St.) | 212-691-8281 | $80/ vis t

HEALTH PRODUCT

Midtown East — Sun Chlarella USA
9 E 41st St. 2nd Fl (bet. 5th & Madison Ave.) | 888-500-9944 | Supplement

Queens — Metro Pharmacy
41-16 30th Avenue Astoria NY 11103 | 718-204-1414 | Pharmacy

Illinois — Juna Beea
1330 St. James Ct Palatine IL 60067 | 800-507-0541 | Health Product

East Village — SEI-TOMOKO 02

126 E 4th St. (bet. 1st & 2nd Ave.) | 212-473-3320 | F $35 M $35

East Village — Ueno Salon

40B E 9th St. (bet. 1st Ave. and Ave. A) | 212-505-7773 | F $60- M $60-

Lower Mhn — Hoshi Coupa Soho

133 Prince St. (bet Sullivan St. and 9th Ave.) | 212-353-8009 | F $70 M $70

Lower Mhn — Lotus Salon

7 Prince St. (bet. Elizabeth & Bowery St.) | 212-219-3283 | F $70 M $60

Lower Mhn — Lotus Salon

141 Reade St. (bet Hudson & Greenwich St.) | 212-406-7788 | F $80 M $70

Lower Mhn — Q Hair

19 Bleecker St. (bet. Mott & Elizabeth St.) | 212-614-8728 | F $64 M $64

Lower Mhn — Shizen

622 E 6th St. (Bet Ave. B & C) | 212-777-2128 | F $85 M $65

Lower Mhn — Takamichi Hair

35 Great Jones St. (Lafayette & Bwwy) | 212-420-7978 | F $75- M $75-

Lower Mhn — Ueno Salon

216 Mulberry St. (bet. Prince and Spring St.) | 212-343-2233 | F $65- M $60-

Brooklyn — Communa Salon & Gift

191 Grand St. (bet. Driggs & Bedford Ave.) | 718-384-7412 | F $45- M $45-

Upstate — Akana Salon

7 E. Hartsdale Hartsdale NY 10530 | 914-948-0216 | F $50 M $45-

Upstate — Hair Studio NAKA

267 Halstead Ave. Harrison, NY 10528 | 914-835-0045 | F $60 M $60-

Upstate — Hiro's Hair Salon

99 Purchase St. Rye NY 10580 | 914-921 3939 | F $80 M $50

Upstate — Momotaro

2 Spencer Pl. 2nd Fl. Scarsdale NY 10583 | 914-472-5937 | F $70- M $60-

Upstate — Salon Shin

731 White Plains Rd. Scarsdale NY 10583 | 914-472-3517 | F $50- M $45-

Long Island — Li Wave

16 Haven Ave. Port Washington NY 11050 | 516-883-3046 | F $40 M $30

New Jersey — Akana Salon

2924 Center Ave. Fort Lee NJ 07024 | 201-461 3644 | F $40- M $30-

New Jersey — Katsuko Salon

2029 Lemoine Ave. #1F Fort Lee NJ 07024 | 201 585-3699 | F $35- M $40-

New Jersey — Michi

535 River Rd. Edgewater NJ 07020 | 201-941 1163 | F $50- M $40-

New Jersey — Salon Toma

1017 Parker Ave. Fort Lee, NJ 07024 | 201 346-0501 | F $45 M $40

New Jersey — Tesh Hair Supreme

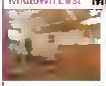
1550 Lemoine Ave. Fort Lee NJ 07024 | 201-461 9642 | F $45- M $40

SPA

Midtown West — Nihon Oay Spa
15 W 44th St 10th Fl (bet. 5th & 6th Ave.) | 212-575-7532 | $30-

Midtown West — SHIZUKA new york
7 W. 51st St. 6th Fl (bet. 5th & 6th Ave.) | 212-644-7400 | $105 /50min

Midtown East — MOONFLOWER SPA



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E 41st St. 3rd Fl (bet. 5th & Madison Ave.) | 212-683-0726 www.moonflowerspa.com | $75 / 60min

Korea Town — Auro Welness Spa
48 W 33rd St (bet. Broadway & 5th Ave.) | 917-639-9403 | $70-

East Village — TAMAGO Skincare
251 E 13th St. (bet. 2nd & 3rd Ave.) | 212 505 1599 | $45/h-

Lower Mhn — Corina Beauty Center
121 Baxter St. (bet. Canal & Hester St.) | 212-941 7118 | $45/h

Lower Mhn — KSS Beauty Spa
187 Centre St. (bet. Canal & Hester St.) | 212-966-8531 | $35

Queens — este da doronko
119-43 Union Tpk. Forest Hills NY 11375 | 917-886-4004 | $60-

Upstate — este da doronko
21 Lake St. White Plains NY 10603 | 917-886-4004 | $60-

New Jersey — King SPA Sauna
321 Commerce Ave. Palisades Park, NJ | 201-947-9955 | $45

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Exhibition

Ongoing
Japonisme: Themes and Highlights from the Collection
Jane Voorhees Zimmer Art Museum
Rutgers University, New Brunswick, NJ
Comprising turn-of the century European and American works on paper and ceramics as well as related Japanese art, this collection reveals the strong influence of the art of Japan on the art of the West. In doing so, it reflects the pervasive cross-cultural interchange which took place between Japanese and the West beginning in 1854 when, after 200 years of isolation, Japan opened its doors to the West.
Info: 732 932 7237 or www.zimmerlmuseum.rutgers.edu

Ongoing
Asian Collection: China, Korea and Japan
The Newark Museum
49 Washington Street, Newark, NJ
The Museum was founded in 1909 with the acquisition of 3,000 Asian objects, primarily Japanese. This collection has steadily expanded to over 10,000 examples of ceramics, textiles, lacquers, sculptures, paintings and metalwork.
Info: 973-596-6550 or www.newarkmuseum.org

May 1 to October 30
Installation of New Murals by Hiroshi Senju
Shofuso, Friends of the Japanese House and Garden
4700 Staten Drive, Philadelphia, PA
Hiroshi Senju's gift of decorative murals -- to be painted on paper sliding doors (fusuma) and a centerpiece alcove wall -- will complete the restoration of the unique shoin-zukuri house, handcrafted in 17th century style, to its original beauty. In designing and executing the new Philadelphia murals, Mr. Senju is honoring Shofuso with the ancient Japanese tradition of a master painter giving a splendid gift to the community.
Info: 215-878-5097, www.shofuso.com or www.hiroshisenju.com

Event Feature RAKU-GO in NEW YORK. TRADITIONAL JAPANESE COMIC STORYTELLING

The 2000 Edinburgh Fringe Festival's audience favorite, Katsura Koharudanji, makes his New York stage debut to introduce the American audience to the world of Raku-go, the popular 300 year-old form of entertainment from Japan. The show aims to give the audience a full, but entertaining introduction to the mechanics, music, and conventions of Raku-go and is designed to be easy to follow for the novice. Koharudanji's Raku-go performance features traditional musical instruments of the Kamigata style, accompanying his dramatic comic storytelling.

The Raku-go "Punch-line" comedy style of storytelling, unlike the rarefied styles of Kabuki and Noh, is a form of popular entertainment that relates the trials and tribulations of the common man and woman on the street. Since the 17th century, generations of Japanese have enjoyed this comedic storytelling at theaters and on television throughout Japan. From ghosts to geisha and samurai to salaryman, the solo performer (Raku-go-ka) brings scores of characters vividly to life in tales punctuated by various tones of voice, gesture, and facial expression, with a characteristic punch line.

English subtitles for this performance are created and operated by Michael Keith Jackson, a British native living in Japan, whose past translation work includes the internationally acclaimed playwright/director Hideki Noda and renowned comedian Issey Ogata.

August 3 7:30 pm, **August 4** 7pm, **August 5** 3pm
Florence Gould Hall, French Institute Alliance Française
55 East 59th St., NYC
Info: 212-355-6160 (venue)
212-307-4110 or www.ticketmaster.com (Ticketmaster)
646-369-4068 or actbaseusa@aol.com (PR)

May 4 to August 11
Miwa Yanagi: Deutsche Bank Collection
Chelsea Art Museum
556 West. 22nd St., NYC
Over 30 photographs representing three unique bodies of work, and a new video will be featured by Miwa Yanagi. The photographs of Miwa Yanagi explore themes depicting the role of women in the context of Japanese society, yet reflect archetypal concerns of women in general. Mixing both the imaginary and the real, Yanagi conjures compelling visions using theatrical set-ups and mesmerizing color. This exhibiton includes her most recent *Fairly Tales* series.
Info: 212.255-0719, www.chelseaartmuseum.org, www.deutsche-bank-kunst.com or contact@chelseaartmuseum.org

July 5 to August 25
Summer Festival "Art Students' Exhibition in NY" 2007
Ise Cultural Foundation Gallery
555 Broadway, Basement Floor, NYC
Ise Cultural Foundation will organize a special exhibition of art works by art students from Japan and the United States from July through August. All submitted works of the art students will be displayed in the gallery space during the exhibition period. Awards are to be given to some selected works by celebrated art professionals in New York, also a New York City Audience Award will be determined by the votes of the audience.
Info. 212 925-1649 or www.isefoundation.org

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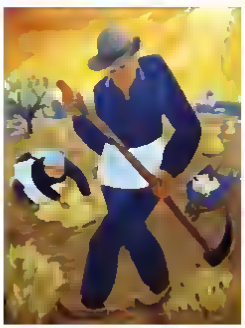
July 10 to August 3
Henry Sugimoto: A Painter who Lived in Japanese American History
The Nippon Gallery
145 West 57th St., NYC
Henry Sugimoto was born as the grandson of a displaced samurai in Wakayama, Japan and died in 1990 as an American painter in New York. This exhibition features works from Madeleine Sugimoto's collection of paintings, prints, drawings, and photos to introduce Henry's life as one of the Japanese American pioneers
Info: 212-581-2223 or www.nipponclub.org or info@nipponclub.org



Harvest Time Oil on Canvas 1985
Courtesy of Ms. Madeleine Sugimoto

October 7, 2006 to October 30, 2007
Japanese Literati Culture in the Edo Period
Philadelphia Museum of Art
Philadelphia, PA
In response to the Chinese literati culture, the Japanese created their own literati culture and in this exhibition, the major works of art that came out of this period will be shown. Works include a rare hand scroll of calligraphies by fifteen early leaders of the sect, established in 1661 near Kyoto, Japan, along with albums, sets of fans, and images of poetic gatherings
Info: (215) 235-SHOW or www.philamuseum.org

Performance

August 12
Baltimore Beginners Honkyoku Intensive
This intensive is for beginners (no experience necessary), and will consist of learning an entire Zen piece (HONKYOKU). Ronnie Nyogetsu Reishin Seldin will teach this class at the Baltimore Shakuhachi Dojo
Info: 212-929-1037 or nyogetsu@nyogetsu.com

August 18
Annual Summer NYC Beginners Honkyoku Intensive
This intensive is for beginners (no experience necessary), and will consist of learning an entire Zen piece (HONKYOKU). Ronnie Nyogetsu Reishin Seldin will teach at the Ki Sui An Shakuhachi Dojo (see above)
Info: 212-929-1037 or nyogetsu@nyogetsu.com

Lecture/Forum/ Film/Festival

July 31 & Aug 22
Sake Tasting with Fresh Tuna Gourmet Feast Featuring "Geisha" Dance
CHANTO Restaurant
133 Seventh Ave. South, NYC
Premium brands of Japanese sake from prestigious sake brewers are available at sake tasting parties to be held at CHANTO Restaurant. At each of these parties, customers can also enjoy tasty sashimi and sushi of fresh tuna as well as other delicious hors d'oeuvres. "Geisha" dance will be presented during these sake-tasting events for your enjoyment. The July 31 party will be highlighted with traditional Japanese dances followed by an adventurous crossover between Japanese/Ryukyu Dance and Modern Tap. The August 22 event features two Japanese dancers dressed in "Geisha" style kimono who will perform Japanese dances, ranging form traditional to modern fusion
Info: 212-463-8686 or www.chantonyc.com

August 3 to 5
Universal Peace Day and film screenings
New York Buddhist Church
331-332 Riverside Drive, NYC

Sushi or Sashimi?

Japanese words and phrases you need to know when dining

This month's words & phrase

Itadakimasu & Gochisousama-deshita

You may have heard a Japanese person say some words before or after eating and wondered just what it was. The Japanese phrases "Itadakimasu" and "Gochisousama-deshita" are typical expressions spoken in appreciation of the meal. Itadakimasu literally means, "I am going to take (this meal)" and is said before eating. Gochisousama-deshita means, "Thanks for the delicious meal," and is said after eating. Itadakimasu is similar to Bon Appetit, a French cliche. The Japanese say these phrases automatically and subconsciously. Both express appreciation for the gods or higher energy which Japanese people naturally believe is in existence, or to the specific person who prepared and served the meals. Japanese people don't learn these expressions in school, rather in the home. Both terms are part of a beautiful Japanese tradition to remind us of what we are given. So let's use "Itadakimasu" and "Gochisousama" – when you dine out or eat at home to say thanks to the person who spent their time and energy to cook you a hot meal

Remembrance of honor of Hiroshima and Nagasaki will be transformed into a rededication to life through the events organized by New York Buddhist Church. Movies on atomic bombing, *Last Atomic Bomb*, *Nagasaki* and *The Last Generation* will be shown on Augusut 3, 4, and 5 respectively. In the evening on August 5, commemoration ceremony and Interfaith Gathering will be held.
Info: 212-678-0305 or www.newyorkbuddhistchurch.org

August 4 & 6
Film Screening of Godzilla
Gojira (Godzilla) 1954 Japan. Directed by Ishiro Honda. Screenplay by Honda, Takeo Murata based on the short story by Shigeru Kayama. Special effects by Eiji Tsuburaya. A sci-fi classic that also serves as a time capsule for 1950s nuclear anxiety. Godzilla was available in the U.S. for years in only its comically dubbed and recut version. For the film's fiftieth anniversary, Rialto restored forty minutes of original footage reestablishing the film as a dark comment on post-war Japan. In Japanese, English subtitles. 98 min.
The Roy and Niuta Titus Theater 2, T2
Info: 212-708-9400 or www.moma.org

August 11 & 12
O Bon and Dai Segaki
Please join us for this traditional yearly celebration which commemorates our ancestors, parents, friends, and loved ones who have passed away. We will begin by writing their names on a paper lantern. Then we will have a vegetarian dinner, chant, call the names of the deceased, and hear a dharma talk by Eido Roshi. When night falls, we will carry our illuminated lanterns to Beecher Lake where they will be set afloat as we chant. Saturday night will end with a huge bonfire and an informal celebration at Beecher House. On Sunday, we will start the day with morning service and zazen followed by breakfast. Please reserve at least two weeks in advance. Round-trip bus service is offered from Manhattan's Upper East Side for an additional fee.
Info. 845-439-4566 or www.zenstudies.org

August 11
Mitsuwa Marketplace Summer Festival
595 River Road, Edgewater, NJ
Join the re-creation of the Japanese-style Festival at Mitsuwa Marketplace. Many vendors will be there including Gold Fish Scooping, Yo Yo Scooping, Cotton Candy, Gyu-don Rice Bowl and Shaved Ice that are seen during the traditional Japanese summer festival. Also, performances including the

Hop, Step, J-pop!

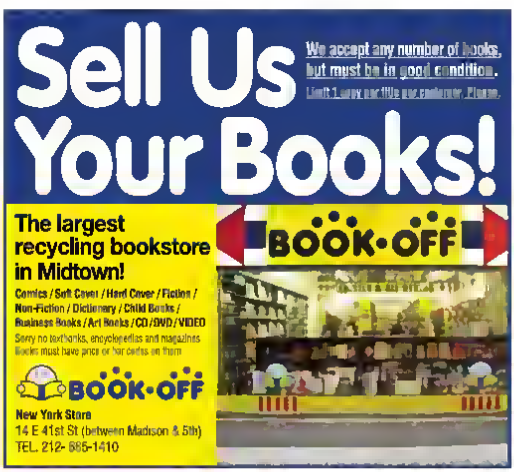
America's New Lust for Japanese Pop Culture

Earlier this year, I completed an 8-city US book tour in support of Japanamerica, visiting New York, Boston, Washington DC, Berkeley, San Francisco, Seattle, Portland and Los Angeles, in that order. I encountered America's new lust for Japanese pop culture firsthand.

Michael Bay is releasing his version of Transformers in July, produced by Steven Spielberg. The Wachowski Brothers, creators of The Matrix series, are now finishing a live-action version of Speed Racer/Mach Go Go Go. And the Hong Kong and LA-based Imagi International are creating two big-budget movies which will be released in 2008: Astro Boy and Gatchaman, or "Battle of the Planets."

The magnificent Tekkon Kinkreet, the first Japanese feature film, let alone anime, to be directed and scripted by Americans, had its US premiere this spring at MOMA in New York, and it will be screened across the country in July—a perfect symbol of the new pop culture collaborations between the two countries.

Roland Kelts is the half-Japanese American author of JAPANAMERICA: HOW JAPANESE POP CULTURE HAS INVADED THE US, the co-editor of A PUBLIC SPACE literary magazine, and a lecturer at the University of Tokyo.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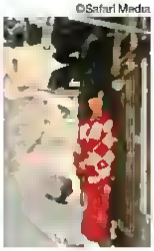
Bon Dance and Taiko Drumming will be held there. They will let you dance and play the drum. Traditional Japanese summer kimono Yukata is the perfect outfit for this event. Feel and enjoy summer time in Japan.
Info. 201 941 9113 or www.mitsuwa.com

August 22
ABDUCTION - The Megumi Yokota Story
ANA Presents "NIPPON EIGA" SERIES. PART 8
The ImaginAsian
239 East 59th St , NYC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"ABDUCTION | The Megumi Yokota Story" is the remarkable true tale of a 13 year old girl snatched off the beach of Nugata, Japan in 1977 by North Korean spies. The movie follows Megumi's parents' emotional 30-year odyssey to try to bring her home. Winner of six festival awards, the film has traveled the world shocking audiences and keeping them on the edge of their seats until the very last moment. Oscar winning director Jane Campion (The Piano) is the Executive Producer of this movie.
Info: e-mail ana@newyork.tokyo.com by August 17 2007 to RSVP for a seat. Due to limited space, seats are not guaranteed

August 25
Charity event " Summer Festival / Japan"
Thousand Cranes Project, Hopes for children struggling with diseases
Palisades Center "ATRIUM"
1000 Palisades Center Drive, West Nyack, NY
With many praises this event will see its 5th anniversary this summer. With the goal of giving support to children who are struggling with diseases, they ask guests to donate to the Children of the World Program. At the same time, people can learn and explore Japanese culture through this event. Programs include making 1000 cranes' with the paper art called Origami in order to pray, live performances and classes for Koto, Japanese Drum and Calligraphy and other Japanese traditional performances.
Info: 201 363-4543 or tomomike@gmail.com

JAPANESE NUTRITION EDUCATION

Eating Eel to Cure summer weariness

On hot summer days, Japanese keep cool with views and sounds of streams, leafy shade and flower petals swaying in the wind. We think transparent glass is an important way to express coolness during the summer. It's an idea originally used for special guests since glass was so exotic and rare.

While summer can make you feel heavy because of the heat and humidity, another way to help invigorate your body during this hot weather is by eating eel. A 7th century waka poem by Otomo Yakamochi describes the custom of eating eels. Hiraga Gennai, a famous 18th century Western educated physician and inventor, suggested eating eel on the day of the ox, which is around the end of July on the western calendar. In Japan, July/August is the biggest eel consumption season.

Eel contains protein and vitamin B. These nutrients help rejuvenate tired bodies. Dr. Gennai's recommendation made sense, as good eating habits are passed from one generation to another.

Tsuhiko Hattori, Head of the Hattori school of Japanese-style cuisine. Her brother Yukio Hattori is the president of the Hattori Nutrition College and is well known as Doc, a commentator on the television program Iron Chef on the Food Network. www.shokuiku-labo.jp

日本 JAPAN in NY Today? 情報

The Tri-States' only Monthly Magazine about JAPAN and Asia in English,

Chopsticks NY (www.chopsticksny.com).

***Japanese Restaurants/Shops/ Schools/Events List** in Print and Online.*

広告のお問い合わせは下記まで。

For further inquiry, call 212-431-9970 Ex.130 or e-mail: adsales@chopsticksny.com

ORIENTARHYTHM Set to Play The New York International Fringe Festival

A cool Japanese dance unit, ORIENTARHYTHM joins The New York International Fringe Festival. Their original unique dance is a fusion of Japanese martial arts and hip-hop street dance. You will see and feel contemporary Japanese energy at the largest multi arts festival in North America. More than 200 companies from all over the world will be performing for 16 days in more than 20 venues – that's a total of more than 1300 performances! The dates for FringeNYC 2007 are Friday August 10 through Sunday August 26, 2007. Performances will be from 2pm to midnight on weekdays, and noon to midnight on weekends.

Info: www.orientarhythm.com & www.fringenyc.org

Toshio Sasaki's Legacy Seen on New Queens Library's Facade

When the new Queens Library at Long Island City opened on June 15, it proudly began featuring what the sculptor Toshio Sasaki's widow calls "his legacy." Diagonal Sonata/Asymmetrical Inversion was sandblasted and etched into terra cotta on the façade of the library. It simultaneously conveys energy and soothing calm, similar to how waves lapping the beach do. Born in Kyoto, Japan, artist Toshio Sasaki's talent has made an indelible mark on the City of New York with the creation of numerous public works from Fordham University to The New York Aquarium. He was an accomplished artist who was also a finalist for the World Trade Center Memorial Contribution. He died March 10, 2007 of stomach cancer. The work on the Queens Library at Long Island City is his final work.

Info: 718-990-0704 or www.queenslibrary.org

CALPICO® Summer Sweepstakes

Drink CALPICO®, answer a quiz, and win Nintendo Wii™ and many more attractive prizes! Pick up the entry form, fill in the correct answer, and mail your entry form to the following address. You may use a post card instead of the entry form but the post card must contain all information required. Only one entry is allowed per mailing address. Entries must be postmarked no later than August 31, 2007, and must be received by Calpis by no later than 5pm PST on September 7, 2007, to be eligible. You can also enter this sweepstake online. Calpis USA Summer Sweepstakes, P.O. Box 6483, Torrance, CA 90504

Info: www.calpis.com/summer07

NY Coo Gallery Presents the 2007 Open Art Contest

NY Coo Gallery in association with IBERICA USA, INC., one of the world's leading clinical trial providers, is happy to present the 2007 Open Art Contest. The official creative theme for this year's contest is "health." Each entry must be health-themed. For the motif, you are welcome to either use a sunflower, IBERICA's corporate logo image, or select your own. The finalist in the Sunflower Category (those who used the sunflower as a motif) will receive a $500.00 check and a U.S. – Japan roundtrip airline ticket. In addition, IBERICA USA, Inc. may use the winning artwork in its advertisement and promotional materials such as posters. The finalist in the Open Category (those who selected their own motif) will receive a $500.00 check. Application Acceptance Period: Sept. 1 thru 30, 2007

Info: 212-580-1149, www.nycoo.com & contact@nycoo.com

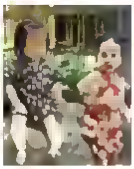
New "Tenugui" Online Shopping

Tenugui is a traditional rectangular towel made of 100% cotton steeped in many decades of Japanese history. The Japanese word "te" means hand, and "nugui" describes the act of wiping. Apart from using this traditional towel for wrapping one's head like a bandanna, it's also used to wrap gifts, as a decoration for the home, or for a daily exercise tool like a Yoga strap. We are pleased to introduce to you, the multi-functional tenugui that will bring Japanese elegance into your daily life. Welcome to wuhao newyork, "Style with Tenugui!"

Info: 212-231-8126 & www.wuhaonyc.com

Children Kimono in Style – Summer

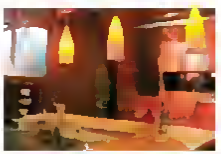
An alteration service and children's clothing shop, Artfit in midtown NYC, introduces the unique Kimono style summer clothes for kids, Jinbei and Yukata. Made from 100% cotton, both the Jinbei and Yukata sets have a top kimono wrap and bottom pants, and are very easy to put on and take off. These sets are very practical Japanese



traditional wear and perfect for a summer barbeque, fireworks festival or any kind of summer occasion. Size is available from New Born to 5T.
Info: 212-207-9095 or www.urfitny.com

Sake Tasting Every Week!!

At Sake Bar Satsko in the East Village, every Tuesday and Wednesday six shots of sake and complimentary appetizers are $28 per person. At Satsko on the Lower East side, every Wednesday six shots of sake with food pairings are available for $30, $40 or $60 courses. Do not miss these great deals this summer.
Sake Bar Satsko Info. 212-614-0933 or myspace.com/satsko Location: 202 East 7th St, NYC
Satsko Info: 212-358-7773 or www.satsko.com
Location: 245 Eldridge St, NYC



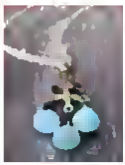
Brunch has started from June – CHANTO restaurant in West Village

A unique Japanese restaurant, CHANTO satisfies both American and Japanese people with authentic, delicious food, even at brunch time. The 100% Kobe Beef Burgers are divine and come with a choice of Baby Shrimp Caesar salad or Mixed Green Salad, and Green Tea Ice Cream with Sesame Tuile. A sushi set is also available as well as fresh oyster or sashimi platters and great salads. Check it out next weekend!
Info: 212 463-8686 or www.chantonyc.com
Location: 133 Seventh Avenue South, NYC

Sake Hana now serves dinner until 2am

This favorite Sake Bar on the Upper East Side carries over 50 sake selections and wines. Asian Tapas & Sushi rolls such as Edamame $5, Crunchy Katafi Shumai $8 Curry Puff $8 Tempura $8 Yuba Spider Roll $12, and more are served every night. Educational seminars for sake and blind sake tasting for advanced sake lovers are held monthly.
Info: 212-327-0582
Location: 265 East 78th St, NYC

TOMOKO' Jewelry Design's New Powerhouse



Ranging from sophisticated funk to eclectic elegance, Tomoko mixes colors, shapes and textures, coarse and delicately spun fibers, conflicting, contrasting and complimentary prints to create jewelry with a carefree layered look uniquely her own. Her geometric design groups, "Empress," "Spiral" "Cross," and "Candy," along with four of her new and folklore-inspired design groups, "Disc," "Frame," "Sun Burst," and "Cluster" boldly use rich romantic, yet vivid colors in both opaque and transparent semiprecious stones and combines them with sterling silver, 14k and 18k gold castings of her designs. Tomoko's collections range in price from $100.00 to $2000.00 and are available at New York Adorned Miss Sonil and Sergo Accessories in NYC.
Info. www.tomokosjewelrybox.com

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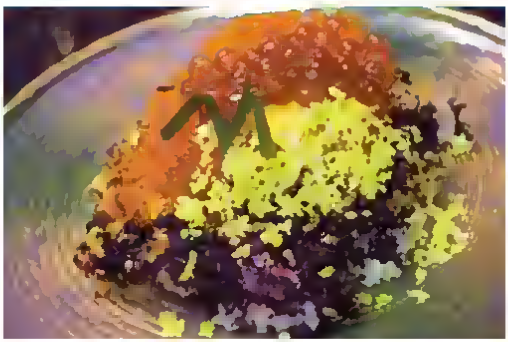
NEVER GIVE UP FOR SEAFOOD

Japanese cuisine and seafood will be never separated. Even looking at non-sushi menu at a Japanese restaurant, Japanese chefs know how to make the most of seafood ingredients.

Aburiya Kinnosuke, a Japanese roast cooking specialty aburiyaki restaurant in Manhattan's Midtown East, claims itself a Japanese grill kitchen. "Among all those Japanese restaurants in the City with sushi menu, we want to distinguish ourselves as a non-sushi menu Japanese restaurant," Mr. Nobuyoshi Kinbara, the restaurant director, confidently shows the stone grill in the open kitchen. Still, seafood is the necessity for their menu, and they can't go without fresh seafood dishes and their course menu finishes up with a sushi dish – the restaurant serves this only sushi dish in chirashi style, which has toppings served scattered over a bowl of sushi rice, and ***Azuma Foods'*** seafood provides the quality of seafood as high as the restaurant's grilled food.

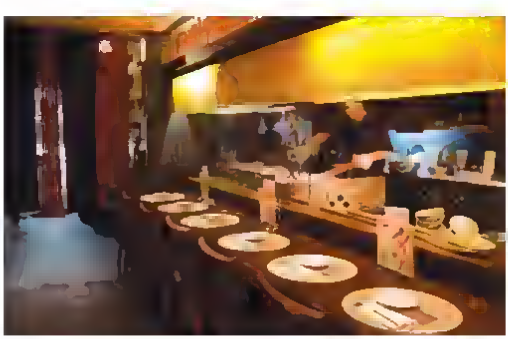
Mr. Jiro Iida, the chef of Aburiya Kinnosuke, shows the ultimate creativity with Azuma Foods' seafood products. He comes out of the kitchen with a large rectangular painting - a painting drawn with the best quality of food ingredients. And Mr. Iida straight goes to Azuma Foods' signature products, flying fish roe, which is known as Tobikko, for both the best color and flavor. The clear and shiny orange color of fresh flying fish roe beautifully expresses the sunset sky of the painting, and he also applies wasabi-flavored green Tobikko for deep forest on the mountain. These indescribable natural fresh colors draw the fresh color of other ingredients such as fine particles of egg, freshly roasted white and black sesame and even the decorative green leaves.

Having grown up in a family business of sushi restaurant, Mr. Iida always has critical eyes on seafood ingredients, and his experience not only in Japanese but Mexican cooking automatically draw him to Azuma Foods quality. Along with Mr. Iida's highest cooking technique, Mr. Kinbara manages the restaurant's incomparable menu and unique atmosphere. Traveling between Tokyo and New York City every few months, Mr. Kinbara brings authenticity of Japanese flavor and never compromises with qualities of food, service and the restaurant's atmosphere. Here in New York City, Mr. Kinbara is always impressed by gourmet-conscious customers, who seek high quality food, and these customers are his motivation to keep the quality of the restaurant at the highest level. Azuma Foods' seafood products always provide Aburiya Kinnosuke the world-class ingredients for the never-give-up spirited restaurant.



Aburiya Kinnosuke's sushi is in chirashi style. They use the highest quality of seafood and other toppings over the sushi rice. The fresh color of each ingredient always brings appetite.

The chef's artistic imagination competes with Van Gogh or Monet. The color is very critical with edible art work, and he chooses Azuma Foods seafood for bright colors. Vivid colors from Azuma's seafood also take the best colors of other food in the painting.



Aburiya Kinnosuke's open kitchen has a fabulous stone grill. This open kitchen entertains customers while waiting for food.

Aburiya Kinnosuke is located at 213 East 45th Street (between 3rd and 2nd Avenues). Phone: 212-867-5454

AF
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